

# NATIONAL INSTITUTE OF SIDDHA

Chennai – 47

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY, CHENNAI - 32

A STUDY ON

## ***ERIPITHAM***

(DISSERTATION SUBJECT)



*For the partial fulfillment of the  
requirements to the Degree of*

**DOCTOR OF MEDICINE (SIDDHA)**

**BRANCH V – NOI NAADAL DEPARTMENT**

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# ***INTRODUCTION***

## **INTRODUCTION**

Siddha System of Medicine also known as Tamil Maruthuvam, Sinthamani vithiyam, Naattu vaithiyam in Tamil Nadu, is the oldest among the Indian Medical Systems such as Ayurveda and Unani.

Siddha System of Medicine is an integrated part of Indian System, which is very potent and unique system when compared with traditional systems in existence. Siddha Medicine is contributing much to the health care of human beings

Siddha System propounded by the Siddhars is a vast and unique system which defines health as a Perfect state of Physical, Psychological, Social and Spiritual well being of an individual. The system not only deals with medicine, but also with spirituality, righteous way of living, rejuvenation and its main aim is attainment of perfection

No doubt, the Siddha System of Medicine is one among the foremost of all other medical systems of the world. The other systems are concerned with treatment and preventive aspects only. But Siddha Medicine is the only system which bestows immortality.

The period of origin of this system is also substantiated by the extensive reference about the medical practice that is available in ancient Tamil literature. The ancient Tamil grammar work Tholkappiyam, various other works



of Sangam Literature and the Tamil Vedham, Thirukkural not only mention, but also give a better picture about this system. According to Thiru T.V.Sambasivam Pillai, who compiled the Monumental work of Siddha (Tamil-English) Medical Dictionary, dates the origin of the Siddha System back to B.C.4, 000.

The Siddhars were the greatest spiritual scientists of those days; they were the seekers of truth. “SIDDHU” means “knowledge or wisdom” and “SIDDHI” means “attainment of perfection”. One who had attained perfection in life is called a Siddhar. Siddhars thoroughly studied human body, all kinds of plants, minerals, metals and other poisonous drugs and their physical and chemical properties. They are divine persons, follower of Saiva cult; they are experts on Alchemy, Yoga and the science of Elixir and also in the field of literature, philosophy, astrology etc. They held that the body is the only instrument with which one could attain success in spiritual evolution and thereby get rid of diseases, decay and death.

‘Health’ is defined as a physical and mental well being of an individual. ‘Sound mind in a sound body’ is a famous saying. A perfect state of health is maintained through regular diet, exercise and physical and mental activities.

Irregularity in diet, physical and mental activities will alter the healthy state of an individual. As a result, the well-being of an individual gets affected. . This inturn ends in ‘Disease’. One of such diseases is ‘Eripitham’.

Eripitham is characterized by burning sensation of feet, eyes, hands, ears and numbness also present. So, patients are severely affected by this.

Inorder to get rid off this problem and also for its preventive aspect, the author has selected the disease ‘Eripitham’ from Yugi Vaithiya Chintha Mani. This is the main aim of the work done.

### ***1.1SUGARANA NILLAI IN SIDDHA MEDICINE***

The five basic elements, namely Aagayam (Space), Kaal (Air), Thee (Fire), Neer (Water), and Mann (Earth) are the building blocks of all the physical and subtle bodies existing in this whole universe. These are called as the ‘Fundamental Boothams’ (Basic Elements) (or) ‘Panchaboothams’

These five elements together constitute the human body and originate other worldly objects and termed as Pancheekaranam (Mutual Intra Inclusion). None of these elements could act independently by themselves. They could act only in co-ordination with other four elements. All the living creatures and the non-living things are made up of these five basic elements.

**உலகம் பஞ்ச பூதம்**

" நிலம் நீர்தீவளி விசும்போடைந்தும்

கலந்தமயக் கமுலகம் மாதலின் ”

**தேக பஞ்ச பூதம்**

" தலங்காட்டி இந்தச் சடமான ஐம்பூதம்

நிலங்காட்டி நீர் காட்டி நின்றிடுந் தீ காட்டி

வலங்காட்டி வாயுவால் வளர்ந்தே இருந்தது

குலங்காட்டி வானில் குடியாய் இருந்ததே.

**- பதினெண் சித்தர் நாடி சாஸ்திரம்**

As per the above lines, the Universe and the human body are made of five basic elements

### ***1.1.1 THE 96 BASIC PRINCIPLES (96 Thathuvam)***

According to Siddha system of medicine, ‘Thathuvam’ is considered as a science that deals with basic function of the Human body. Siddhars described 96 principles as the basic constituents of Human body that include Physical, Physiological, Psychological and Intellectual components of an individual. These 96 thathuvams are the ones considered to be the cause and effect of our physical and mental well-

being. The Thathuvam is the first and foremost of the conception, on which theory, the medicine is based on.

**Bootham – 5 (*Elements*)**

1. **Aagayam** - Space
2. **Vaayu** - Air
3. **Thee** - Fire
4. **Neer** - Water
5. **Mann** - Earth

**Pori – 5 (*Sense organs*)**

1. **Sevi (Ear)** -a structural component of ‘Aagayam’ bootham
2. **Thoal (Skin)** -a structural component of ‘Vaayu’ bootham
3. **Kan (Eye)** -a structural component of ‘Thee’ bootham
4. **Naakku (Tongue)** -a structural component of ‘Neer’ bootham
5. **Mookku (Nose)** -a structural component of ‘Mann’ bootham

### **Pulan – 5 (*Functions of sense organs*)**

1. **Kaetal** -Hearing, a functional component of Aagayam bootham
2. **Thoduthal** -Touch, a functional component of Vaayu bootham
3. **Paarthal** -Vision, a functional component of Thee bootham
4. **Suvaithal** -Taste, a functional component of Neer bootham
5. **Nugarthal** -Smell, a functional component of Mann bootham

### **Kanmenthiriyam – 5 (*Motor organs*)**

1. **Vaai (Mouth)** - Speech is delivered in relation with Space element
2. **Kaal (Leg)** - Walking take place in concordance with Air element
3. **Kai (Hands)** - Giving/Taking are carried out by the influence of  
Fire element
4. **Eruvaai (Rectum)** - The excreta is eliminated in association with  
water element
5. **Karuvaai (Sex Organs)** - The Sexual acts are carried out in association  
with the earth element.

### **Karanam – 4 (*Intellectual faculties*)**

1. **Manam** - Thinking of a thing
2. **Bhuddhi** - Deep analyzing of the same thing
3. **Agankaaram** - Determination to do
4. **Siddham** - Accomplishment of the determined thing

### **Arivu – 1 (*Wisdom of self realization*)**

To analyze good and bad

### **Naadi – 10 (*Channels of life force responsible for the dynamics of Pranan*)**

1. **Idakalai** - Starts from the right big toe, runs criss-cross to end in the left nostril
2. **Pinkalai** - Starts from the left big toe, runs criss-cross to end at the right nostril.
3. **Suzhumunai** - Starts from moolaathaaram and extends upto centre of head.
4. **Siguvai** - Located at the root of tongue it helps in swallowing the food and water
5. **Purudan** - Located in right eye.
6. **Kanthari** - Located in left eye.

- 7. **Atthi** - Located in right ear.
- 8. **Allampudai** - Located in left ear.
- 9. **Sanguni** - Located in genital organ
- 10. **Gugu** - Located in ano-rectal region

**Vaayu – 10** (*Vital nerve force which is responsible for all kinds of movement*)

**1. Uyir kaal (Piraanan)**

This is responsible for the respiration of the tissues, controlling knowledge, mind and five sense organs and digestion of the food taken in.

**2. Keel nokku kaal (abanan)**

It lies below the umbilicus. It is responsible for the downward/onward expulsions of stools and urine, ejaculation of semen and menstruation

**3. Paravu kaal. (viyanan)**

This is responsible for the motor and sensory function of the entire body and the distribution of nutrient to the various tissues.

**4. Mael nokku kaal (Uthanam)**

It originates from utharakini. It is responsible for digestion, absorption, distribution of food. It is responsible for all the upward movements.

## **5. Samaanan (nadu kaal)**

This is responsible for the neutralization of the other 4 Valis i.e. Piranan, abanan, viyanan. and uthanan. More over it is responsible for the nutrient and water balance of the body.

## **6. Naagan**

It is responsible for the movements of the eyes.

## **7. Koorman**

It is responsible for the opening and closing of the eyelids and also vision. Responsible for yawning.

## **8. Kirukaran**

It is responsible for the salivation of the tongue and also nasal secretion. Responsible for cough and sneezing and induces hunger.

## **9. Devathathan**

This aggravates the emotional disturbances like anger, lust, frustration etc. An emotional disturbances influence to a great extent, the physiological activities is to be responsible for the emotional upsets.

## **10.Dhanancheyam**

Expelled three days after the death by bursting out the cranium.



### **Asayam – 5 (*Visceral Cavities*)**

- 1. Amarvasayam (digestive organ)** - Stomach. It lodges the ingested food.
- 2. Pakirvasayam (absorption site)** - Small intestine. The digestion and assimilation of food, absorption of saaram from the digested food are done by this asayam.
- 3. Malavasayam (Excretory organ)** - Large Intestine, especially rectum, the place where the expulsion of undigested food parts and flatus takes place.
- 4. Chalavasayam (Excretory organ)** - Urinary Bladder, kidney. Site of the formation and excretion of urine.
- 5. Sukkilavasyam (Genital organs)**-Site of formation and development of semen and ovum.

### **Kosam – 5 (*Five Systems of the Human Body or Sheath*)**

- 1. Annamaya Kosam** - Gastro intestinal system
- 2. Pranamaya Kosam** - Respiratory system
- 3. Monomaya Kosam** - Mental system
- 4. Vignanamaya Kosam** - Nervous system and higher intellect
- 5. Ananthamaya Kosam** - Reproductive system

## **Aatharam – 6 (Stations of Soul)**

### **1. Moolatharam**

Situated at the base of spinal column between genital organ and anal orifice. Letter “𑌕𑌃” is stationed here.

### **2. Swathitanam**

Located 2 fingerwidths above the Moolaathaaram, (i.e.) between genital and navel region. Letter “𑌕” is inherent here. Earth element is attributed to this region.

### **3. Manipooragam**

Located 8 fingerwidths above the Swathitanam, (i.e.) at the navel center. Letter “𑌕” is inherently present here. Element is water.

### **4. Anakatham**

Located 10 fingerwidths above Manipooragam, (i.e.) location is heart. Letter found is “𑌕𑌃” Element is fire.

### **5. Visuthi**

Located 10 fingerwidths above the Anakatham (i.e.) located in throat. Letter “𑌕” is inherently present. Element is Air.

## **6. Aakinai**

Situated between the two eye brows. Letter “Â” is inherently present here. Element is Space

### **Mandalam – 3 (*Regions*)**

#### **1. Thee Mandalam (Agni Mandalam)**

Fire Zone, found 2 fingerwidths above the Moolaathaaram

#### **2. Gnayiru Mandalam (Soorya Mandalam)**

Solar zone, located 4 fingerwidths above the umbilicus.

#### **3. Thingal Mandalam (Chandra Mandalam)**

Lunar zone, located at the center of two eye brows

### **Malam – 3 (*Three impurities of the Soul*)**

#### **1. Aanavam**

This impurity masks the clarity of thought, discerning power of the soul, yielding to the egocentric consciousness like ‘I’ and ‘Mine’. Considering everything to be his own (Greediness).

#### **2. Kanmam**

Goes in collusion with the other two responsible for incurring Paavam (the Sin) and Punniyam (virtuous deed).

### **3. Mayai**

Serves as an obstacle due to claiming ownership of the property of others and thereby inviting troubles.

#### **Thodam- 3 (*Three Humours*)**

1. **Vali (Vatham)** - It is a creative force. Formed by combination of Air and Space element.
2. **Azhal (Pitham)** - It is a protective force. Formed by fire element.
3. **Iyyam (Kapham)** - It is a Destructive force. Formed by combination of earth and water element.

#### **Eadanai -3 (*Mental Bondings*)**

1. **Porul Patru** - Materialistic desires
2. **Puthalvar Patru** - Family affinity
3. **Ulaga Patru** - Worldly affections

#### **Gunam – 3 (*Three Cosmic qualities*)**

##### **1. Sathuvam (Characters of Renunciations or Ascetic Virtues)**

The graces, control of senses, wisdom, penance, generosity, Excellence, silence, truthfulness are the 8 traits

## **2. Raso (Characters of Ruler)**

Motivation, Enthusiasm, wisdom, valour, virtue, penance, offering gift, art of Learning, listening are the 8 traits

## **3. Thamo (Immoral Characters)**

Immorality, lust, anger killing laziness, violation of justice, Gluttony, false hood, forgetfulness, fraudulence.

## **Vinai – 2 (Act)**

1. **Nalvinai** - Good Acts (Meritorious acts)
2. **Theevinai** - Bad Acts (Sinful acts)

## **Ragam – 8 (*The Eight Passions*)**

1. **Kaamam** - Desire
2. **Kurotham** - Hatred
3. **Ulobam** - Stingy
4. **Moham** - Infatuation
5. **Matham** - Pride (The feeling of respect towards yourself)
6. **Marcharyam** - Internal Conflict, Envy
7. **Idumbai** - Mockery
8. **Ahankaram** - Ego

## **Avathai – 5 (*Five States of Consciousness*)**

1. **Ninaivu** - State of wakefulness with the 14 elements  
(Karuvikaranathigal) 5 senses, 5 performing parts  
(Kanmaenthiriyam) and 4 mind components  
(Karanam) in operation and able to experience  
the pleasures and pains.
2. **Kanavu** - State of Dreams. In these 10 karuvikaaranathigal  
(5 senses, 5 performing parts) except karanam lie  
dormant in the neck.
3. **Urakkam** - State of Sleep in which what is heard and seen can't  
be expressed. The respiration lies in the heart.
4. **Perurakkam** - State of Coma/Narcosis (Tranquil or Peaceful State).  
The Jeevaathma stands in the naabi, producing  
the respiration.
5. **Uyirpadakkam** - Somatic death. Insensibility to the Surroundings.  
The Jeevaathma goes to Moolatharam and produce  
unawareness.

### 1.1.2 THE UYIR THATHUKKAL

The physiological units of the Human body are vali (vatham), Azhal (Pitham) and Iyyam (Kapham). They are also formed by the combination of the five basic elements. Accordingly Vali is formed by the combination of Air and Space. This is the Creative force. Azhal is formed by Fire. This is the Force of Preservation. Iyyam is formed by Earth and Water. This is the Destructive Force. These three humors are in the ration 4:2:1 in equilibrium or Normal Condition, They are called as the life forces.

“பொங்கியி தைந்துக்குள் பொல்லாதது இம் மூன்றுதான்

தங்கிய வாயு சமர்த்தன் மகாவாதம்

பங்கிய வன்னியால் பகுந்தது பித்தமே

பகுந்த சலத்தில் பரிசிக்கும் நல்லையும்

வகுந்த இம்மூன்றால் வளர்ந்தது நோயெல்லாம்

அகுந்தது தானறிந்து அளவிட்ட யோகிகள்

மகிழ்ந்தே யிதில் நின்ற மயக்கம் அறிவாறே”.

- பதினெண் சித்தர் நாடி சாஸ்திரம்

### The formation of Uyir Thathukkal

**மூவகை நாடியும் உயிர் தாதுவும்**

“தாது முறையே தனிஇடை வாதமாம்

போதுறு பின்கலை புகன்றது பித்தமாம்

மாது சுழுமுனை வழங்கிடும் ஐயமாம்

ஒது முறை பார்த்து உணர்ந்தவர் சித்தரே”

- பதினென் சித்தர் நாடி சாஸ்திரம்

*மூவகை வாபுவும் உயிர் தாதுவும்*

“ உணர்ந்த அபானன் உறும் அந்த வாதத்தில்

புணர்ந்த பிராணன் புகும் அந்தப் பித்தத்தில்

அணைந்த சமானன் அடங்கும் கபத்தோடு

இணைந்திவை மூன்றுக்கு எடுத்தகுறி ஒன்றே”.

- பதினென் சித்தர் நாடி சாஸ்திரம்

The vali naadi is formed by the Abanan and Idagalai.

The Azhal nadi is formed by Piranan and Pinkalai.

The Iyya naadi is formed by samanana and Suzhumunai.

## 1. Vali (Vatham)

Vali is soft, fine and the temperature (coolness and hotness) could be felt by touch.

*The sites of vatha*

According to **Vaidhya Sathakam**, vali dwells in the following places:

“ நெளிந்திட்ட வாதமபானத்தைப் பற்றி

நிறைந்திடையைச் சேர்ந்துந்திக் கீழே நின்று



குளிந்திட்ட மூடமதூ டெழுநது காமக்

கோடியிடையைப் பற்றியெழுங் றொக்கை நாடி

நிணமான பொருத்திடமும் ரோமக் காலும்

நிறைவாகி மாங்கிசமெல் லாம்பரந்து”

- வைத்திய சதகம்

Umbilicus, rectum, faecal matter, abdomen, anus, bones, hip joints, navel plexus, joints, hair follicles and muscles.

“ அறிந்திடும் வாத மடங்கு மலத்தினில் ”

- திருமூலர்

“ நாமென்ற வாதத்துக் கிருப்பிடமே கேளாய்

நாபிக்குக் கீழுன்று நவில லாகும் ”

- யுகி முனிவர்

According to Sage Thirumoolar and Yugi Muni, the location of vatham are the anus and below the naval region.

### ***Properties of Vali:***

“ ஒழுங்குடனே தாதேழ் மூச்சோங்கி இயங்க

எழுச்சிபெற எப்பணியுமாற்ற எழுந்திரிய

வேகம் புலன்களுக்கு மேவச் சுறுசுறுப்பு

வாகளிக்கும் மாந்தர்க்கு வாயு”

- சித்த மருத்துவாங்க சுருக்கம்

***The following are the natural properties of vatham***

- 1) To stimulate the respiration
- 2) To activate the body, mind and the intellect.
- 3) To execute the fourteen different types of natural reflexes.
- 4) To activate the seven physical constituents in functional co-ordination.
- 5) To strengthen the five sense organs.

In the above process vatham plays a vital role to assist the body functions.

**2. Azhal (Pitham)**

The nature of Azhal is atomic. It is sharp and hot. The ghee becomes watery, salt crystalies and jaggery melts because of heat. The heat of Azhal is responsible for many actions and their reactions.

***The seat of Azhal***

According to **Vaidhiya Sathagam**, the pingalai, urinary bladder, Stomach and heart are the places where Azhal is sustained. In addition to the above places, the umbilicus, epigastric region, Stomach, sweat, saliva, and blood, essence of food, eyes and skin are also the places where Azhal livess. Yugi Muni says that the Azhal survives in urine and the places below the neck region.

### ***The character of Azhal***

Azhal is responsible for the digestion, vision, maintenance of the body temperature, hunger, thirst, taste etc. Its other functions include thought, knowledge, strength and softness.

### ***The functions of Azhal***

- 1) Maintenance of body temperature
- 2) Produces reddish or yellowish colour of the body.
- 3) Produces heat energy on digestion of food.
- 4) Produces sweating
- 5) Induces giddiness.
- 6) Produces blood and the excess blood is let out.
- 7) Gives yellow colouration to the skin, eyes, faeces and urine
- 8) Produces anger, heat, burning sensation, inaction and determination.
- 9) Gives bitter or sour taste.

### ***The types of Azhal***

1. **Aakkanal – Anala pitham or Pasaka pitham – The fire of digestion.**

It lies between the stomach and the intestine and causes digestion and dries up the moist ingested substance.

## **2. Vanna eri – Ranjaga pitham – Blood promoting fire**

This fire lies in the stomach and gives red colour to the chime and produces blood. It improves blood.

## **3. Aatralanki – Saathaga pitham – The fire of energy.**

It gives energy to do the work.

## **4. Ulloti thee – Prasaka pitham – The fire of brightness.**

It gives colour, complexion and brightness to the skin.

## **5. Nokku Azhal – Alosaga pitham – The fire of vision.**

It lies within the eyes and causes the faculty of vision. It helps to visualize things.

## **3. Iyyam (Kabam):**

### **• *The nature of Iyyam***

Greasy, cool, dull, viscous, soft and compact are the nature of Iyyam.

### **• *Seats of Iyyam***

Head, tongue, eyes, nose, throat, thorax, bone, bone marrow, Joints, blood, fat, sperm and colon are the seats of Iyyam. It also lies in stomach, spleen, the pancreas, chyle and lymph.

- ***The natural quality of Iyyam***

Stability, greasiness, formation of joints, the ability to withstand Hunger, thirst, sorrow and distress are the qualities. It also helps to withstand sufferings.

- ***Functions of Iyyam***

Greasiness, strength, roughness, knowledge, cool, growth, Heaviness of bone, restriction of joint movements, pallor, Indigestion, deep sleep and to have a sweet taste in tongue are the function of Iyyam. The skin, eyes, faeces and urine are white in colour due to the influence of Iyyam.

- ***Five types of Iyyam :***

1. **Ali Iyyam            -            Avalambagam**

Heart is the seat of Avalambagam. It controls all other 4 Iyyams

2. **Neerpi iyyam   -            Kilethagam:**

Its location is stomach. It gives moisture and softness to the ingested food.

3. **Suvai kaan iyyam – pothagam:**

Its location is tongue. It is responsible for the sense of taste.

4. **Niraivur iyyam – Tharpagam**

It gives coolness to the vision.

## **5. Ondri iyyam – Santhigam**

It gives lubrication to the bones particularly in the joints.

### ***1.1.3. THE UDAL THATHUKKAL***

Udal Thathukkal is the basic physical constituents of the body. They are also constituted by the Five Elements.

#### **Seven physical constituents of the body:**

- 1. Saaram (Chyme)** -This gives mental and physical perseverance.
- 2. Senneer (Blood)** - Imparts colour to the body and nourishes the body
- 3. Oon (Muscle)** - It gives shape to the body according to the physical activity and Covers the skeleton.
- 4. Kozhuppu (Fat)** -It lubricates the joints and other parts of the body for smooth functioning.
- 5. Enbu (Bone)** -Supports the frame and responsible for the postures and movements of the body.
- 6. Moolai (Marrow)** -It occupies the medulla of the bones and gives strength and softness to them.
- 7. Sukkilam (Genital discharge)** -It is concerned with reproduction.

These are the seven basic constituents that form the Physical Body. The bones are predominantly formed by the earth component, but other elements are also present in it. All the three humors Vali, Azhal and Iyyam are present in these 7 constituents. The food intake converted to udal thaadhukal in which the

intake food is converted to saaram in the first day, and then is converted to chenneer in the second day, oon, kozhuppu, enbu, moolai and sukkilam in the following days respectively. So in the seventh day only the intake food goes to the sukkilam.

#### ***1.1.4. UDAL THEE (Four kinds of body fire)***

There are four kinds of body fire. They are Samaakkini, vishamaakkini, Deeshaakkini and Manthaakkini’.

##### **1. Samaakkini**

This digestive fire is called as samaakkini. It is constituted by Samana Vayu, Anala Pitham and kilethaga Kapham. If they are in normal proportion then it is called as Samakkini. It is responsible for the normal digestion of the food.

##### **2. Vishamaakkini**

Due to deranged and displaced Samana Vayu, it takes longer time for digestion of normal food. It is responsible for the indigestion due to delay in digestive process.

##### **3. Deeshaakkini**

The samana vayu winds up the Azhal, which leads to increased Anala Pitham, so food is digested rapidly.

#### 4. Manthaakkini

The samana vayu winds up the Iyyam, which leads to increased Kilethaga Kabam. Therefore food is poorly digested for a very longer period leading to abdominal pain, distention, heaviness of the body etc

#### 1.1.5 THINAI

*There are five thinai (the land)*

1. Kurinchi - Mountain and associated areas
2. Mullai - Forest and associated areas
3. Marudham - Agricultural land and associated areas
4. Neidhal - The coastal and associated areas
5. Paalai - Desert and associated areas

Features of these five regions:

#### 1. Kurunji:-

“ குறிஞ்சி வரநிலத்திற்கு கொற்றமுண்டி ரத்தம்

உறிஞ்சி வருசுரமு முண்டாம் - அறிஞருரைக் அனை

கையமே தங்குநர் தாமைவல்லை யுங்கதிக்குமட

ஐயமே தங்கும் அறி. ”

- புதார்த்த குண சிந்தாமணி



Fever leading to anemia, any abnormal enlargement in the abdominal organ (vaitrul aamai katti). And also causes Iyya disease.

## 2. Mullai

“ முல்லை நிலத்தயமே மூரிநிரை மேவினுமவ்

வெல்லை நிலைத்தபித்த மெங்குறுங்காண் - வல்லை யெனின்

வாதமொழி யாததனுள் மன்னு மலைவழிநோய்ப்

பேதமொழி யாதறையப் பரிவு ”.

- பதார்த்த குண சிந்தாமணி

This mullai, the pastoral land is the birth place of the Azhal disease, liver diseases and other Vali disease.

## 3. Marudham

“ மருதநிலம் நன்னீர் வளமொன்றைக் கொண்டே

பொருதனில மாதியநோய் போக்கும் - கருதநிலத்

தாறிரதஞ் சூழ அருந்தவரென் றாற்பிணியெல்

லேறிரதஞ் சூழ்புவிக்கு மில் ”

- பதார்த்த குண சிந்தாமணி

In this type of agricultural land, which is fertile with good water facilities, will drive out diseases of all the three humors.

#### 4. Neithal

“ நெய்தனில் மேலுப்பை நீங்கா துறினுமது  
வெய்தனில் மேதங்கு வீடாகும் - நெய்தல்  
மருங்குடலை மிக்காக்கும் வல்லுறுப்பைவீக்கும்  
கருங்குடலைக் கீழிறக்குங் காண். ”

- பதார்த்த குண சிந்தாமணி

This coastal area induces Vali diseases and affects liver and intestines.

#### 5. Paalai

“ பாலை நிலம்போற் படரைப் பிறப்பிக்க  
மேலநில மியாது விரித்தற்கு? - வேலைநில  
முப்பிணக்கும் இல்லம் முறையே யவற்றகலாம்  
எப்பிணிக்கு மில்லம்ஃ தெண். ”

- பதார்த்த குண சிந்தாமணி

This arid land will produce all the three Vali, Azhal and Iyyam disease

#### 1.1.6. KAALAM

Ancient Tamilians divided a year into six different seasons known as Perumpozhudhu and likewise the day into six which are known as Sirupozhudhu

### **Perumpozhudhu:**

A year is divided into six seasons. They are as follows

1. Kaarkalam (Aavani- puratasi) - Aug 16- Oct 15th
2. Koothir (Iyppasi- karthigai) – Oct 16- Dec 15th
3. Munpani (Markazhi- Thai) - Dec 16- Feb 15th
4. Pinpani (Maasi-Panguni) – Feb16- Apr 15th
5. Illavenil (Sithirai- Vaigasi) - Apr-16- June 15th
6. Mudhuvenil (Aani- Aadi) - June 16- Aug15th

### **Sirupozhuthu**

A day is divided into six yamams. They are,

1. Maalai (Evening),
2. Idaiyamman (Midnight),
3. Vaikarai (Dawn),
4. Kaalai (Morning),
5. Nannpakal (Noon),
4. Erpaddu (Afternoon).

Each perumpozhuthu and sirupozhuthu is associated with the three humors naturally.

### ***1.1.7 Fourteen natural urges:***

The natural reflexes, excretive, protective and preventive mechanism are called 14 reflexes. They are

1. Vatham
2. Thummal
3. Siruneer
4. Malam
5. Kottavi
6. Pasi
7. Neer vetkai
8. Erumal
9. Ellaipu
10. Thookam
11. Vaanthi
12. Kaneer
13. Sukilam
14. Suvasam

These natural reflexes are said to be indication of normal functioning of our body. A proper maintenance should be carried out and they should not be obstructed forcibly.

### **1. Flatus:**

If one resists this, the flatus air completely or partially, he will be infected with the diseases of the chest, flatulence, constipation, pricking pain, through out the body, Vatha gunmam (acute abdomen), Kudal Vatham, Loss of appetite and oliguria occur because of diminished digestive fire.

### **2. Sneezing:**

Kiruharan vayu which lodges in nose is responsible for sneezing. If it is resisted, it will cause head ache, pain in the sense organ, facial paralysis and back ache.

### **3. Micturition:**

Irregularity, if any, in the habit of micturition will cause obstruction in the urethral passage, ulceration in the urinary tract, pain in the joints and genitalia and distension of the lower abdomen, urinary tract infection with ulceration in the genitalia and purulent discharge as mentioned in the text Theriyar Karisal.

#### **4. Defecation**

Abaana vayu (downward air) is responsible for act of defecation. Obstruction of this may cause head ache, pain in the thighs, constipation, discomfort, and inability.

#### **5. Act of yawning**

If prevented leads to poor digestion, tiredness and wilt of face. And also leads to metabolic diseases, infection and abdominal pain.

#### **6. & 7. Sensation of hunger and thirst**

If hunger and thirst are not quenched properly they lead to impairment in the function of vital organs. And causes mental disorders, tiredness, and joint pains.

Fasting may lead to destruction of all the seven physical constituents and loss of weight. Infectious disease like tuberculosis may result.

#### **8. & 9. Coughing and fatigue**

If cough is controlled, it leads to vigorous cough, bad odour of breath and angina pectoris, abdominal pain and tiredness. Patient may become unconscious.

#### **10. Sleep**

If one does not sleep well daily, he may get headache redness of eyes slurred speech and hearing important.

## **11. Vomiting**

If vomiting is forcibly prevented, then it leads to utricularial rashes, itching, pallor, eye diseases, pitha diseases, dyspnoea, fever, cough etc., and toxic manifestations due to deranged pittham.

## **12. Tears**

Constraint of tears causes head ache, eye diseases, sneezing, sinusitis, cardiac problems etc and may also cause gastric ulcer.

## **13. Semen**

If it is controlled, it leads to fever oliguria, joint pain, urinary infection, spermatorrhea, leucorrhea and chest pain.

## **14. Breathing**

Constraint of proper breathing leads to dyspnoea, abdominal distension, throbbing pain, colicky and anorexia.

### ***1.1.9. THE ASTROLOGY***

#### **Macrocosm and microcosm**

Man is said to be microcosm, and the Universe is macrocosm; since what exist in the Universe will be exist in human body too. Man is being an integral part of universal nature. The forces prevailing in the microcosm (man) are identical with that of the forces prevailing the macrocosm (world).The natural

forces acting in and through various organs of the body are intimately related to or similar to the corresponding to the forces acting in and through the organisms of the world.

This closely follows the Siddhars doctrine

“ அண்டத்தி லுள்ளதே பிண்டம்

பிண்டத்தி லுள்ளதே அண்டம்

அண்டமும் பிண்டமு மொன்றே

அறிந்தே தான் பார்க்கும் போது ”

- சட்டமுனி ஞானம்

### **Astral influences:**

All the influences that irradiates from the sun, planets and that of the stars can act up on the human bodies.

Moon exercises a very bad impact on the disease in general especially during the period of new moon. For instances paralysis, brain affections, dropsy, and stimulation of sexual perversions. Mars causes women's suffering from want of blood and nervous strength. A conjugation of the moon with other planets such as Venus, mars, etc may make her influence still more injurious.

The 8<sup>th</sup> place forms the laghanam deals about ones age, chronic disease, death etc.



In the organisms of man, these forces may act in an abnormal manner and cause disease. Similarly in the great organism of the cosmos they may act abnormally likewise and bring about disease on earth and its atmospheric condition like earthquake, storms etc. the mar invisibly influences human's blood constituents. The Venus makes love between two persons of the opposite sex.

The following are the instance in which every sign of the zodiac has towards some particular parts of the body.

**1. According to T.V.S. Dictionary:**

- 1) Aries - To the neck
- 2) Taurus - neck and shoulder
- 3) Gemini - Arms and hands
- 4) Cancer - Chest and adjacent parts.
- 5) Leo - The heart and stomach
- 6) Virgo - The intestines, base of stomach and umbilicus
- 7) Libra - Kidney
- 8) Scorpio - Genitals
- 9) Sagittarius - Lips

- 10) Capricorns - Knees
- 11) Aquarius - Legs
- 12) **Pisces - Feet**

**2. According to literature Thiruvalluvar periya sunthara sekaram.**

- 1) Mesam - Head
- 2) Risabam - Face
- 3) Mithunam - Neck
- 4) Kadagam - Shoulder
- 5) Simmam - Chest
- 6) Kanni - Side of body
- 7) Thulam - Posterior trunk (muthugu), stomach
- 8) Virutchigam- Testes
- 9) Thanusu - Thigh (thudai)
- 10) Magaram - Knee
- 11) Kumbam - Calcaneum
- 12) Meenam - Foot

## **The impact of the planets on the human organs**

### ***1. According to literature Siddha maruthuvanga surukkam:***

Each of these planets holds jurisdiction over some parts of the body similar to the signs of the zodiac. The seven planets exercise special power over some parts of the body resulting in a disease or diseases in accordance with their impacts on the three basic humors in the system.

#### **1. Saturn**

It exhibit supremacy over the bones, tooth, cartilages, ear, spleen, bladder and brain and gives rise to fever, leprosy, tables, paralysis, dropsy, cancer, cough, asthma, phthisis, deafness of the right ear, hernia, etc.

#### **2. Jupiter**

It holds jurisdiction over the blood, liver, pulmonary veins, diaphragm, Muscles of the trunk and sense of touch and smell.

#### **3. Mars**

It has got power upon the bile, gall bladder, left ear, pudendum, kidneys, fever, jaundice, convulsions, hemorrhage, carbuncle, erysipelas, ulcer etc.

#### **4. Venus**

It exercise its impact on the pituitous blood and semen , throat, breast, abdomen, uterus, genetalia, taste, smell, pleasurable sensation, gonorrhea, barrenness abscesses or even death from sexual passions or from poison.

#### **5. Mercury**

It holds jurisdiction over the animal, spirit, also over legs, feet, hands, fingers, tongue, nerves and ligaments and produces fevers mania, phrenitis, epilepsy, convulsion, profuse expectoration or even death by poison, witchcraft and so on.

<b>Planets</b>	<b>organs of impact</b>
1. Solar force	Heart
2. Lunar force	Brain
3. Mars	Gall Blader
4. Mercury	Kidney
5. Venus	Lungs
6. Jupiter	Liver
7. Saturn	Spleen

## **5. According to literature Thiruvalluvar periya sunthara sekaram.**

- |              |                             |
|--------------|-----------------------------|
| 1. Sooriyan  | - head                      |
| 2. Santhiran | - Face                      |
| 3. Sevvai    | - Chest                     |
| 4. Puthan    | - center of posterior trunk |
| 5. Guru      | - stomach                   |
| 6. Sukiran   | - groin, genitalia          |
| 7. Sani      | - thigh (thudai)            |
| 8. Raagu     | - hands                     |
| 9. Kedhu     | - legs                      |

Each of these rasis and the organs of impact as well as the girahams are found to be related with the resultant diseases of corresponding organs. Therefore, the human body is impregnated with the vital forces that could be acted upon by the astronomical bodies in the sky. With the augmented spiritual force, a sage can able to get control over the above said planets. All the others are under the influence of the forces exhibit by these asteroids.

So by the literature Sithamaruthuvanga surukkam, T.V.S. dictionary, Thiruvalluvar periya sunthara sekaram, the Intestine is closely related to Simmam and Kanni.

## **1.2KUGARANA NILLAI IN SIDDHA MEDICINE**

The first ever medical system to emphasis health as the perfect state of Physical, Psychological, Social and spiritual well-being of an individual is none other than our Siddha system of medicine.

Maintaining a perfect state of equilibrium of three basic humors by means of the dietary habits, regular physical and mental activities and the environmental influence is considered as Healthy living of an individual.

### **DISEASE**

Malady, sickness, distemper, suffering and ailment, distress of mind, chronic disease and dreadful illness are some other terms of Disease

### **THE CHARACTRISTICS FEATURE OF DISEASE:**

Disease is of two kinds:

1. Pertaining to the body
2. Pertaining to the mind according to the variation of the three humors.

### ***Causes of Disease***

The disease resulting from previous birth is due to karma. Disease of our present birth is due to our food habits and actions.

This has been rightly quoted in the following verse by saint Thiruvalluvar:

“ மிகினும் குறையினும் நோய்செய்யும் நூலோ

வளிமுதலா வெண்ணிய மூன்ற - குறள்

The food and action of a person should be in harmony with the nature of his body. Any increase or decrease in any of these three humors viz. vali (vatham), Azhal (pitham), Aiyam (kapham) leads to the vitiation and resulted in diseases. The acceptance of food means the taste and quality of the food taken and a person's ability to digest. Action refers to his good words and deeds. According to Thiruvalluvar, the disease is caused as a result of an increase or decrease in the equilibrium of three humors.

So disease is a condition in which there is derangement in the five basic elements that alters the three humors, which is also reflected in the seven physical Constituents. The change may be either an increase or decrease in the equilibrium. The exhibiting signs are in line with the vitiation of individual humor.

### ***Functions of deranged Vali (Vatham)***

Body ache and pain, pricking pain, the pain is as though the body is tightly bound by cords, nervous debility, tremor, rigidity, dryness, remorseless, emaciation, throbbing pain, trauma, displacement of joint,

weakness of the functional organ and loss of function, loss of sensation, perception, of astringent taste only, constipation, concentrated urine, thirst, sensation of fragility in the foreleg and thigh, numbness and pricking pain in the bone, goose skin, stiffness of upper and lower limbs and back, the skin, the eyes, the faeces and urine appears dark.

***Features of increased vali***

Emaciation, body colour – blackish, desire to take hot food, tremors of body, abdominal distension, constipation, insomnia, weakness, weakness of five sense organs, giddiness, lack of enthusiasm.

***Features of decreased vali***

Body pain, feeble voice, lessens activities, dull mental power, syncope, disease caused by increase of Iyyam.

***Function of deranged Azhal:***

Raise of temperature, reddish or yellowish discolouration, produces heat during oxidation of food substances; sweating; vertigo; Excessive bleeding; yellowish discolouration of skin; eye, urine, urine and stool; produces anger, distress vigourousness; Burning sensation; sour taste or pullipu taste.



### ***Features of increased Azhal***

Yellow colouration of the skin, eyes, urine, faeces, increased appetite, increased thirst, irritation all over the body, insomnia.

### ***Features of decreased Azhal***

Poor digestion, chilliness and demulcent, pallor, Iyya disease.

### ***Features of increased Iyyam***

Increased salivary secretion, reduced activeness, heaviness of the body, body colour – whitish, chillness of the body, reduced appetite, Cough, laborious breathing, dizziness.

### ***Features of decreased Iyyam***

Vertigo, weakness and dryness of joints, causing prominence of articular bones, dry cough, lightens, excessive sweat, palpitation of heart.

### ***The variation of the seven thathukkal:***

#### **1. Saaram**

Increased amount of saaram leads to disease that of increased Iyyam like indigestion. Etc

Decreased Saaram leads to loss of weight, tiredness, and lassitude, dryness of the skin and diminished activity of the sense organs

## **2. Chenneer**

An increase in chenmeer causes boils in different parts of the body, throbbing pain, anorexia, mental disorder, splenomegaly, colicky pain, increased blood pressure, reddish eyes and skin, jaundice, haematuria etc.

A decrease in chenmeer leads to anemia, tiredness, neuritis and lassitude, pallor of body.

## **3. Oon**

Oon in excess produces cervical lymph adenitis, syphilitic ulcer, tumor in face, abdomen, thighs, genitalia, etc, hyper muscularity in the cervical region. Decreased oon leads to impairment of sense organs. Joints diseases and jaw, thighs and genitalia shrunk in their structure (atrophied)

## **4. Kozhuppu**

The increased kozhuppu leads to that of increased oon associated with dyspnoea and loss of activity.

Decreased kozhuppu leads to pain in the hip region and splenic disorders.

## **5. Enbu**

Excess of enbu results in abnormal growth in bones and teeth.

Decreased enbu causes pain in joints, Dental disorders, brittle nails and hair.

## **6. Moolai**

Excessive Moolai results in obesity, heaviness of eyes, scanty urine, delayed wound healing.

Decreased moolai causes osteoporosis in the bones, diminished vision.

## **7. Venneer**

An Excess in veneer causes calculus, increased sexual attitude. Decreased venneer causes pricking pain in testis, dark coloration of genitalia.

### **1.3. DIAGNOSTIC METHODS OF SIDDHA SYSTEM**

The Methodology of diagnosing disease in Siddha system shows uniqueness in its principle. The principle comprises examination of Tongue, complexion. Modulation in speech, Eyes and findings by palpation. And also includes examination of Urine and Stool. The confirmation of diagnosis is based on

pulse examination. All these together constitute ‘Envagai thervugal’ which forms basis of diagnostic methodology in Siddha system of medicine.

These Tools not only help in diagnosis but also to observe the prognosis of the diseases and for restoration of normal health. Besides these envagai thervugal there are some other parameters in siddha system which are greatly helpful in diagnosing various disease, they are Manikadal nool and ‘sothidam.’

### **Envagai thervugal**

Various aspects of Siddha regarding ‘Envagai Thervugal’

“ நாடி ஸ்பரிசம் நாநிறம் மொழிவிழி

மலம் மூத்திரம் மருத்துவராயுரம்”

– நோய் நாடல் முதல் பாகம்-*தேரையர்*

“ மெய்குறி நிறந்தொனி விழிநாவிருமலம் கைக்குறி ”

– *தேரையர்*

As per Saint Therayar, the eight methods of diagnosis are Nadi (pulse) Naa(tongue), Niram (color), Mozhi(voice), vizhi (eyes), Malam (faeces) and Neer (Urine), sparisam (touch).

**பதினெண் சித்தர் நாடி சாஸ்திரம்**

“ பாரீநாடி யறிந்து உணர்ந்து பரமன் செயலும் பிணிமுறையும்

நீரேயோடு மலசலமும் நிறமுங் குணமு முகக்குறியும்

சாரே யிணங்குங்குழல் மடவீர்காலன் றேகம் வயதிளமை

தேரேயறியுமுகநாடி நெறிங்குறியுஞ் செறியுஞ் சொல்வோமே ”

– பதினெண் சித்தர் நாடி சாஸ்திரம்

As per sait Agathiyar Nadi, Malam, Salam, Niram, Gunam, Muga Kuri, Thegam, Vayadhu, Elamai are the diagnostic stools.

“ தொகுக்கலுற்ற அட்டவிதப் பரீட்சை தன்னை

துலக்கமுறும் பண்டிதரே தெளிவதாகப்

பகுக்கரிய நாடியை நீ பிடித்துப் பாரு

பகர்கின்ற வார்தையைப்பார் நாவைப்பாரு

வகுக்கரிய தேகமதைத் தொட்டுப்பாரு

வளமான சரீரத்தின் நிறத்தைப்பாரு

சகிக்கரிய மலத்தைப்பார் சலத்தைப் பாரு

சார்ந்தவிழி தனைப்பார்த்துக் தெளிவாய்க் கானே ”.

– கண்ணுசாமிப்பரம்பரை வைத்தியம்

According to literature Kannu saami parampari vaithiyam Naadi, varthai, naa, Thegam, Thodu unarvu, Niram, Malam, Salam, Vizhi are the diagnostic stools.

**அகத்தியர் வைத்திய ரத்தின சுருக்கம்**

“ நாடியால் முன்னோர் சொன்ன நற்குறிகுணங்களாகும்

நீடிய விழியினாலும் நின்ற நாட்குறிப்பினாலும்

வாடிய மேனியாலும் மலமோடு நீரினாலுஞ்

கூடிய வியாதி தன்னைச் சும் பெற வறிந்து சொல்லே ”.

- அகத்தியர் வைத்திய ரத்தின சுருக்கம்

According to literature Agathiyar vaithiya rathina surukkam the diagnostic stools are Naadi, Vinzhi, Kurigunam, Nalkurippu, Maeni, Malam, and Neer.

**பரிபூரண நாடி**

“ அட்டமாங்கிரிகடன்னை யறிந்து நீயுணரவேண்டில்

வட்டமாமுகங்கள்பல்லும் வாயுதில்நாக்குங்காயங்;

கட்டருமலங்கள் கைதனில்நாடிதானுந்

திட்டமாயறிந்துசெய்யுந் திறமுள்ளவயிததியராமே ”

- பரிபூரண நாடி

According to the above literature the diagnostic stools are Mugam, pal, Vai, Naakku, Kaayam, Irumalam, Nadi.

**தன்வந்திர்பகவான்:**

“ திருமறை முனிவன் கூறும் வாகடச் செய்கைதன்னில்

வருபல வியாதியான வகையறி குவதே தென்னில்

உருவறு நாடி யாலு மொண்முக மலநீ ராலும்

தெரிவிழி நாவினாலுந் தந்தலக் கணத்தி னாலும் ”.

- தன்வந்திரி (ப.சி. நாடி சாஸ்திரம்)

According to Literature Thanvantri vaithiyam the diagnostic stools are  
Nadi, Mugam, Malam, Neer, Udal, Vizhi, Naa, Pal.

**பதினெண் சித்தர் நாடி சாஸ்திரம்:**

“ தரணியுள்ள வியாதி தனையஷ்டாங் கத்தால்  
தானறிய வேண்டுமது ஏதென்னில்  
திரணியதோர் நாடிகண்கள் சத்தத்தோடு  
தேகத்தின் துபரிசம் வானம் நாக்கு  
இரணமலம் இவைகளெட்டும் இதம்படவே  
தான்பார்த்துக் குறிப்புங் கண்டு  
பரனருளாற் பெரியோர்கட்பாதம் போற்றிப்  
பண்புதவறாமற் பண்டிதஞ் சீவீரே ”

- பதினெண் சித்தர் நாடி சாஸ்திரம்

According to the above literature the diagnostic stools are  
Nadi, Kan, sattham, thegam, Parisam, Naa.

**Tongue நாப்பரீச்சை**

“ பலமான ருசியறியும் நாவின் கூற்றைப்  
பகர்கின்றேன் வாதரோசி யின்றன் நாவு  
கலமாக வெடித்து கறுத்திருக்கு முட்போல்  
கண்டு கொள்வாய் பித்தரோகியின்றன் நாவு  
நலமுற சிவந்து பச்சென்றிருக்கும் நட்பிலா

சிலேத்துமரோகி யின்றன் நாவு  
தலமதனிலுற்றமுதி யோர்கள் சொன்ன  
தன்மையடி தடித்து வெளுத்திருக்கும்பாரே

-கண்ணுசாமி பரம்பரை வைத்தியம்

“ சேர்த்துமமெழுந்தபோதுதித்திப்பாநாவிறொன்றும்

நேத்தியேகசப்புமீறிலிசைந்தது பித்தமாகும்

ஏத்தியபுளிப்புமீறிலெழுந்த துவாத மென்ன

பார்த்துநீயிதனையெல்லாம் பாங்காகவறிந்துசெய்யே ”

- அகத்தியர் வைத்திய ரத்தின சுருக்கம்

In Vali derangement, tongue will be cold, rough, furrowed and pungent taste. In Azhal, it will be red or yellow and kaipu taste will be there. In Iyyam, it will be pale, sticky and sweet taste will be present. In depletion of thontham, tongue will be dark, with raised papillae and dryness.

### Colour (தேக நிறப் பரீட்சை)

“ மூன்றாகும் வாதபித்த சிலேத்து மத்தால்

மிகுந்தமுறத் தொந்தித்த ரோகி தேகம்

தோன்றாத சீதய வுஷ்ணங் காலமூன்றுந்

தொகுத்தேன்யான் திரேகத்தி னிறத்தைக் கேளு

ஊன்றாத வாதவுடல் கறுத்துக் காணும்



ஊரியபித்த முடல் சிவப்புப் பசுமைகாணும்

போன்றாத வையவுடல் வெண்மை தோன்றும்

பொருந்துந்தொந்த ரோகவுடற் கிவற்றை யொக்கும் ”

- கண்ணுசாமி பரம்பரை வைத்தியம்

“ பனைவாத தேகநிறங் கறுத்து நிற்கும்

பைத்தியதேக நிறமஞ்சள் சிவப்பதாமே.

தாமே சிலேட்டு மதேகநிறம் வெளுப்பு தான்

தொந்தேகம் இந்நால் விதமாயநிற்கும் ”

- தன்வந்திரி (பதிணெண் சித்தர் நாடி சாஸ்திரம்)

In Vali, Azhal and Iyyam vitiations, the colour of the body will be dark, Yellow or red and white colour respectively.

**Voice (வார்த்தைப் பரீட்சை)**

“ பார்ப்பத தான் வாதரோகி யின்றன் வார்த்தை

பக்குவமாய்ச் சமசத்த மாயிருக்கும்

சேர்ப்பதுதான் பித்தரோகியின்றன் வார்த்தை

செப்பக்கோள பௌத்துமே யுறத்திருக்கும்

ஏற்பதுதான் ஐயரோகி யின்றன் வார்த்தை

யௌதிதாகச் சிறுத்திருக்குமியல்பிதாகும்

கேசற்கவே யிம்மூன்றந் தொந்தமாகில்

கூசாமற் பலவிதமாய் பேசுவாரே ”

- கண்ணுசாமி பரம்பரை வைத்தியம்

“ மாமயிலே சத்தமது அறியவேண்டில்

வாதரோகிசம தொனியாய் வார்த்தை பேசும்

ஈமமுள்ள பித்தந்தான் இறைந்த கூறும்

இயம்பிடும் சிலேட்டும் ரோகிக்கீனசத்தம்

நாமுரைத்தோம் தொந்த ரோகிக்குத் தானிந்த

நால்விதமாய் மொழிந்த சத்தம் நயந்து காணே”.

– பதினெண் சித்தர் நாடி சாஸ்திரம்

In vitation of vali, Azhal and Iyyam the voice will be medium, heavy and lower respectively. By the voice, the strength of the body can also be accessed.

### The Eyes (விழிப் பார்ச்சை)

“ உண்மையாய்க் கண்கள்குறிப் பதைக்கேள் வாதம்

உற்றவிழி கறுத்துநொந்து நீருங் காணும்

தண்மையிலாப் பித்தரோகி யின்றன் கண்கள்

சார்பாகப் பசுமைசிவப் பேறுங் காணும்

வண்மையிலா வையரோகி விழிகள் தானும்

வளமான வெண்மைநிற மேதா னாதம்

திண்மையிலாத் தொந்தரோகி யின்றன் கண்கள்

தீட்டுவாய் பலநிறமென் றறைய லாமே”.

– கண்ணுசாமி பரம்பரை வைத்தியம்

“ காணுகின்ற வாத ரோகிக்கு கண்கள்

கருநிறமாய் நொந்துமிகத் தண்ணீர்பாயும்

பூணுகின்ற பித்தரோகிகடி மஞ்சள் போலிருக்கம்

சிவப்பு நிறப்பொலிவு தோன்றும் ”

- பதினெண் சித்தர் நாடி சாஸ்திரம்

In vali disease the tears are black colour, in Azhal disease they are yellow, in Iyya disease they are whitish in colour and in thontha disease the tears are multi colour. In vali disease there will be excessive tears. In disturbance of all three humuor, eyes will be inflamed and reddish.

**Faeces (மலப் பரிட்சை)**

“ ஒக்குமே வாதநோய் மலத்தைப் பார்க்கில்

உகந்தமலம் கறுகியே கறுத்தி ருக்கும்

மிக்கபித்த நோய்மலத்தை யுற்றுப் பார்க்கில்

மிருந்தசிவப் புடன்பசுமை தானுந் தோற்றும்

மைக்குவளை மானேகே ளைய ரோகம்

மலமதுதான் வெண்மைநிற மாயிருக்கும்

பக்குவமா யிம்மூன்றுந் தொந்திப் பாகில்

பகருமின் னிறங்கள்வகை பரிந்து காணும் ”

- கண்ணுசாமி பரம்பரை வைத்தியம்

“ மேவும் வாத முடையவர் மெய்மலஞ்

சீவதாகக் கருகிடுஞ் செம்மியே

பாவையே பித்தத் தோர்மலம் பார்த்திடி

லாவியே யெழு மன்னிற மஞ்சளே ”

- தன்வந்திரி (பதினெண் சித்தர் நாடி சாஸ்திரம்)

In provoked Vali – faeces is hard, dry and black in colour. In Azhal vitiation, it is yellow. In Iyyam disturbance it is pale.

### Urine (நீர்ப் பரிட்சை)

“ ஓங்கிய வாதத்தோர்க்கு நீர்விழுங் குணந்தா னுரைக்கிற

பூங்கொடி கறுத்துநொந்து சிறுத்துடன் பொருமி வீழும்

பாங்குடன் பித்தத்தோர்க்கும் பசியநீர் சிவந்து காட்டி

ஏங்கவே கறுக்கதாக ளரித்துடன் கடுத்து வீழும்.

வீழுமே சிலேற்பனத்தோர் நீர்க்குணம் விளம்பக் கேளாய்

நாளாமே வெளத்துறைந்து நலம்பெற வீழுங் கண்டாய்

வாள்விழி மானேதொந்த ரோகமா னிடர்குத் தானே

தாளநீர் பலநிறந்தா னென்னவே சாற்றி னோமே ”.

- கண்ணுசாமி பரம்பரை வைத்தியம்

Neer refers to urine and kuri refers to signs and symptoms. Theraiyar, one of the renowned authors of siddha medicine described urine examination and stages of health. He explains the colour and consistency of the urine in vitiated humor and disease. He also emphasis the spreading nature of a single drop of oil on the surface of the urine indicating the imbalance of specific dosha and prognosis of the disease. Normal urine is thin straw colour and

odourless. The time of day and food taken will have an impact on the colour of the urine.

### Colour of urine

1. Yellow colour – similar to straw soaked water – indigestion
2. Lemon colour – good digestion
3. Reddish yellow – heat in body
4. Colour similar to flame of forest red or flame coloured – excessive heat
5. Colour of saffron – extreme heat.

### Nei Kuri

“ அருந்து மாறிரதமு அவிரோதம தாய்

அஃகல் அலர்தல் அகால் ஆண்தவிர்ந்தழற்

குற்றள வருந்தி உறங்கி வைகறை

ஆடிகலசத் தாவியே கலைக்குட்ப நீரின்

தொரு முகூர்த்தம் தாவியே காதுபெய்

நிறக்குறி நெய்க்கறி நிரூபித்தல் கடனே.

அரவென் நீண்டினஃதே வாதம்

ஆழிபோல் பரவின் அஃதே பித்தம்

முத்தொத்து நிற்கின் தொழிவதன் கபமே”

– அகத்தியர் வைத்திய ரத்தின் சுருக்கம்

The spreading pattern of oil drop is the indication of Vali, Azhal and Iyyam disease e.g

1. Aravu (Snake Patern of spread) indicates Vali disease
2. Mothiram (Ring Patern of spread) indicates Azhal disease
3. Muthu (Pearl Patern of spread) indicates Iyya disease

In Nei kuri, the rapid spread of oil drop, muthu and salladai kan type of spreading pattern indicates Asaathiyam (incurable) state of the disease. From this, we can assess the prognosis by the Nei Kuri.

### **Touch (தேகபரிசு பரீட்சை)**

“ நேயமுடனே வாதத்தின் தேசந்தானும்

நேர்மையாய்க் குளிர்ந்து சில விடத்திலே தான்

மாயமுட னுட்டணமுந் துடிதுடிப்பு

மருவுதலாம் பித்தத்தின் தேகந் தானும்

தோயவே வுட்ணமதா யிருக்குந் தெளிவாய்

சேத்துமத்தின் தேகமது குளிர்ந்திருக்கும்

பாய தொந்த தேகமது பலவாறாகும்

பரிந்து தொட்டுத் தேகத்தைப் பார்த்துப் பேசே ”

- கண்ணுசாமி பரம்பரை வைத்தியம்

“ முனைகின்ற தேகபரிசுத்தை பார்க்கில்

முன்வாதத் தேகிக்குச் சக்ரஞ்சற்றே

அனைகின்ற உட்சணமாம் பைத்திய தேகிக்

கதிகமுண்டாம் அப்பால் சீதளமாய் நிற்கும்

சுனைகின்ற லேட்டு மந்தான் கழ்தேகிக்கு

தொந்த குணம்நால்விதமாம் நிறந்தான் கூறில் ”

- தன்வந்திரி (பதினெண் சித்தர் நாடி சாஸ்திரம்)

In Vali disease some regions of the body felt chill and in some areas they are hot. In Azhal disease we can feel heat. In Iyya disease chillness can be felt. In Thontham disease we can feel different sense.

### **Naadi (நாடி)**

The ‘Pulse Diagnosis’ is unique in Siddha Medicine, which was then introduced to other Indian Systems of Medicine later. The pulse should be examined in the Right hand for male and the left hand for female. The pulse can be recorded at the radial artery. By keenly observing the pulsation, the diagnosis of disease as well as its prognosis can be assessed clearly.

Naadi is nothing but, the vital energy that sustains the life with in our body. Naadi plays an most important role in Envagai thervu and it has been considered as foremost thing in assessing the prognosis and diagnosis of various diseases. Any variation that occurs in the three humors is reflected in

the naadi. These three humors organize, regularize and integrate basic functions of the human body. So, naadi serves as a good indicator of all ailments.

**நாடி பார்ப்பதும் வகை**

“ இடுமென்ற நாடிகள்பார்க்கும் வகையைக் கேளு  
என்னவென்றால் நடுவிரல் நீவிப்பின்னே  
அடுமென்ற அடுத்தவிரல் மோதிரமாம் விரலை  
அப்பனே இளத்தபின்பு சுண்டுவிரலிளத்து  
உடுமென்ற தூண்டுவிர லிளத்து அப்பால்  
உத்ததொரு அங்குட்ட விரலைநீ விக்கரத்தில்  
படுமென்ற சீயோதி அங்குலமோ தள்ளி  
பார்தடவி மூன்றுதரம் சுரம்பார்க்கும் வகையே  
வகை என்ன வாதமது ஒண்ணரையாம் பித்தம்  
வளமையொன்று அய்யங்கால் வளமாய்நிற்கில்  
பகையில்லை நாடிகளுந் தொந்த மில்லை  
பண்பான் சுகரொசுருபக் கூறுசொன்னேன் ”

- அகத்தியர் கனக மணி 100

Naadi is felt as,

Vali	-	Tip of index finger
Azhal	-	Tip of middle finger
Iyyam	-	Tip of ring finger



**மூவகையும் மாத்திரை அளவும்**

“ வழங்கிய வாதம் மாத்திரை ஒன்றாகில்

வழங்கிய பித்தம் தன்னில் அரைவாசி

அழங்கும் கபந்தான் அடங்கியே காலோடில்

பிழங்கிய சீவற்குப் பிசுகொன்ற இல்லையே ”.

- நோய் நாடல் முதல் பாகம்

The normal unit of pulse diagnosis is 1 for Vali (Vatham), ½ for Azhal (Pitham) and ¼ for Iyyam (Kapham).

***The Gait of the Naadi:***

Compared to the various animals, reptiles and birds.

“ வாகிலன்னங் கோழி மயிலென நடக்கும் வாதம்

ஏகிய வாமையட்டை யிவையென நடக்கும் பித்தம்

போகிய தவளை பாம்பு போலவாம் சேத்துமந்தான்”

- நோய் நாடல் முதல் பாகம்

**Vali** - Movement of Swan and Peacock

**Azhal** - Movement of Tortoise and Leech

**Iyyam** - Movement of Frog and Serpent.

**MANIKADAINOOL** (*Agathiya soodamanikayaru soothiram*)

“ கமலக்கை மணிக்கையில் கயறு கூத்திரம்

விமலனே நோக்கியே வேடமாமுனி

திமிலாம் பிணியது சேரச் செப்பியே

அமலனாமுனிக்கு முன்னருளிச் செய்ததே ”

- பதினெண் சித்தர் நாடி நூல்

According to the Pathinen siddhar naadinool, Manikadainool is also helpful in diagnosis. This manikkadai nool is a parameter to diagnose the disease by measuring the length of the wrist by means of a thread and then measuring the thread with the patient's finger. By this measurement the disease can be diagnosed.

# ***AIM AND OBJECTIVES***

## **AIM AND OBJECTIVES**

Pitham is one of the humours of the body. The increased consumption of Pitha diet and pitham prone activities will raise the level of Pitham and produce Pitha diseases. In siddha literature the Pitham denotes burning sensation anywhere in the body and giddiness.

According to Yugi Vaithi Sinthamani, there are forty types of pitha diseases. Eripitham is a disease in which Pitha humour is deranged extensively and shows symptoms such as burning sensation. Eripitham is one of the complications of diabetes in which there is burning sensation of both soles, palms. Numbness, pricking pain is present. This is formed as a result of damage caused to the peripheral nerve of an individual.

### **PRIMARY AIM:**

1. To assess the diagnostic ability of siddha system for Eripitham.
2. Diagnosis of Eripitham through
  - a. Ennvagai thervu
  - b. Manikadai nool
  - c. Nilam
  - d. Kalam
  - e. Sothidam
3. To study the clinical course of disease with keen observation on Noi iyal and Noi kurigal.

## **SECONDARY AIM:**

1. To establish that Pitha humour is deranged in Eripitham.
2. To analyse the derangements of
  - a. **Three humours** – vatham, pitham, kapham.
  - b. **Seven physical constituents**- Saram, Cheneer, Oon, Kozhuppu, Enbu, Moolai, Sukkilam.

***SURVEY IN LIERATURE***  
***-SIDDHA***

## A VIEW ON PITHAM

The natural shape of Pitham is Atomic. It is sharp and hot. The ghee becomes watery, salt crystaizes and jaggery melts because of heat. The heat of Pitham is responsible for many actions and their reactions

Àçò¼õ -ÕÅ;îõ Åç¼õ

"pÕôÀ;É ç;Ê ±ØÀ§¼;ËÃ;  
ÂçÃÃ;É §¼,ò¼çø ²Äô |ÀÕç;Ê  
´î,¼°Áò|¼;Æç"Ä °î,¼î Å;Ôî,û  
¼î,ÀÊ ±Ý§È °;Õõ

°;Õó¼°ç;Ê ¼ÝÉçø ãÄõ ãÝÚ  
§ÀÕÁç¼õ Àçí,"ÄÔõ ÀçÝÉÖ¼Ý-Á;Úõ  
-"Ãî, ÅçÃü,;ü§È;ðÎ½÷ðÐ§Á ç;°ç  
Å"Ãî ÍÆç§Â;"ÁÂò¼çø ÅóÐ

Åó¼,"Ä ãÝÈçø Å;ÔÅ;ÁÀ;ÉÛ¼Ý  
¼ó¼ ÀçÃ;½Ý °Á;ÉÛîîí °ó¼ÁÈî  
ÜðÎÈ× §Ã,çò¼;ø ÜÚõ Å;¼õ Àçò¼õ  
ç;ðÎî,À§ÁÂ;õ ç;î."

-°çò¼ ÁÕòÐÅ;í, ÍÕî,õ

## The seats of Pitham

"¼;É;É Àçò¼õ ÀçÝ,"Ä"Âô ÀüÈçî

° ; öÅ ; É ÀçÃ ; ½Å ; Ô Å¾ "Éî § ° ÷ ÓÐ  
 °É ; É ¿ £ ÷ Ô "ÀÂçÄĬ , ç ãÄð  
 Ð¾ç | ¾ØÓ¾ Åî , çÉç "Â ÂÈ× | °ÖÐ  
 Á ; §É§ , ÇçÕ¾Âð¾ç ÄçÕôð Á ; , ç  
 § , ; É ; É ° çÃó¾Éç§Ä ÂçÈî , Á ; , çî  
 | , ; ñî¿çýÈ Àçð¾¿ç "Ä ÜÈç§É ; §Á . "  
 - ¾Äçú

"Åð¾çÂ °¾ , õ .

According to Tamil vaithiya Sathagam, the pingalai, urinary bladder, stomach, heart is the places where Pitham sustains.

In addition to the above place, the umbilical, epigastric region, stomach, sweat, blood, essence of food, eyes and skin are also the place where pitham sustain.

Yugi Muni says that the pitham sustains in urine and the places below the neck.

## ACCORDNG TO 4448 VIYATHIGAL

- |   |              |
|---|--------------|
| 1 . ÅÂçú  | 2 . Ã °¾ ; Ð |
| 3 . þÄð¾õ   | 4 . °ý       |
| 5 . ÅçÂ ÷ " Å   | 6 . , ñ , û  |
| 7 .   Ä ; ÐÅ ; ,   ¾ ; ôðÜîĬ§Áø þÕ¾ÂÐîĬ , £ú ¯ûÇ ÄĬ¾ç , û |              |

## THE CHARACTERISTICS OF PITHAM

**According to Maruthuva thanipadal**



"À ° ç¾i , Õ µí | , i Çç , ñ À i ÷ " ÅÄñ ¼ðÐ  
 Õ ° ç | ¾Äç ° ð¾ç | Å Õ " Á Å£ÄÕ - ° ç¾  
 Á¾ç Ü ÷ ð¾ð¾ç ÅÉô ÀÇç ðÐì , i ì Ì Õ  
 «¾ç , i Äç Ä í , i ÉÆØ . "  
 - ÅÕðÐÅ ¾Éç ôÄ i ¼ø .

Pitham is responsible for Digestion, Vision; Maintenance of body temperature, Hunger, Thirst, Taste etc., its other functions includes Thought, Knowledge, Strength and Softness.

#### According to Pathennen Siddhargal Nadi Sasthiram

"À Ì ð¾ç Î Õ À ç ð¾ Õ À Ä Ä Å ° ç ó " ¾ Ä i Õ  
 Å Ì ð¾ç Î Õ Å i ó¾ç Ô Õ Å i ö ç £ ÷ Ä ç , ç Ü Õ  
 Á ç Ì ð¾ç Î Õ § Á É ç Ä ç ý Á i ð Ê | Ä Ä ç ô § Ä Ü Õ  
 Á ç Ì ðÐ ð¾ Å É ç ì Ì Á ç , Å ç ¼ ó " , ì Ì | Á . "  
 - Ä¾ç | Éñ ° ç ð¾ ÷ , û ç i Ê ° i Š¾ç Ä Õ .

According to pathinen **Siddhargal Naadi Sasthiram**, the character of pitham are vomiting, increased salivation, burning sensation of the body and kaippu in the tongue.

#### According to 4448 viyathegal

- 1 . " ç ô Õ
- 2 . | Ä Ä ç ×
- 3 . ý Î
- 4 . § Å , Õ

5. ¿;üÈõ

6. «"°Ôõ ¾Ÿ"Á

7. |¿,çúó§¾;Î¾ø

-4448 ÅçÂ;¾ç,û

Àçò¾õ ÅÃÄ;Ú

' ' À;Ã¼; Àçò¾|ÁŸÈ ,çÃçî°Éó¾;Ÿ

À¾ç|ÉõÎ Å",Â; ,ô ÀÄçò¾§¾Ð

çÃ¼; Âçõî,çŸÈ |ÀÃç§Â;÷ ¾õ"Á

|Â;õî,;§Ä ÀÆçò¾É;ø Åó¾Â;Åõ

°£Ã¼; À;Ã;Áø à†½çò¾ø

°çÅò¾Äí, Ç"¾ôÀÆçò¾ø °çÅ§Á|°ö¾ø

-Ã¼; §,;À|ÁŸÈ À;Åò¾;§Ä

ÂôÀ§É Àçò¾ÄÐ °çÃ°çŸ §Á§Ä

§Á§ÄÈç Â¾Ãó¾"É |ÂøõÀç

§Á,|ÁŸÈ òÃÅçÂÐ §À;§ÄÂ;îí

Á;§ÄÈç Àçòðîîõ ÀçÃ"Á|¾;ŸÈç

ÁÉõÅçõîî üò¾;Ê |Åçç§Â§Â,çî

,§ÄÈçô À°;í§À;ü ÈçÃçó¾|¾ŸÈ

,;Ãñ¾ §,;À|ÁŸÈ ,õÁò¾;§Ä

À;ø§À;ö ÁÉó"¼Â |ÀÃç§Â;÷ °;Àõ

ÀÄçòð¾¾; òò¾ç |,õ¾ ÀÃç°¾;§Á.' '

- «,ò¾çÂ÷ ,ŸÁ ,;ñ¾õ-300.

According to **Asasthiyar Kanma Kaandam**, due to the above factors the pitha humour may gets derange.

### The functions of pitham

1. Maintain body temperature

2. Produces reddish or yellowish colour of the body.
3. Produces heat energy on digestion of food.
4. Produces sweating.
5. Induce giddiness.
6. Produces blood and the excess blood is let out.
7. Gives yellowish colouration to Skin, Eye, Faces and Urine.
8. Produces Anger, Haughtiness, Burning sensation, Inaction and Determination.
9. Gives Bitter or Sour taste. According to angathipatham, the deranged pitham produce anger, increased

ÀÇÒ¼Õ ÀÇÃ§ , ÌÀÇÌ , Ì , Ì½Ì , Û

"-ÔÚ ÀÇÒ¼ § , ÌÀ Á¼Ç | °ÃÕ | ÅÔÒÒ ¼ Ì , Ò  
 §¼ Ì Ö×Ú ÁÂ÷× ãîîî | ° Ì ÿÁ¼Õ ÒÒ¼Ç§À¼Õ  
 À ÌÔÚ ÓÉÇ× Å£ÃÕ ÀÃÃÇÂ ÒÇÇÔÀÇÄÇÿÃÕ  
 Å ÌÔÚ Ó¼ÇÃ , ñ , Û ÁÄî°ÃÕ Áî°Ç ÌÕ  
 Ì½Õ | ÀÚÕ Ó , Ì , Û §ÁÉÇ Ü÷ °ÇÃÓ¼ÇÃÌ , Ç ÅüÈø  
 , ½Õ | ÀÚÕ ÁÉÕ§ÅÈ Ì , Ì , ðÊîî ÌÇÇ÷ , ÌøÒ¼Çø  
 Á½Õ | ÀÚ°Ä§Áü È Ì , Ò "ÅÒÐ ç ÌÊîÕÀÇÿ | ÅÔÀ Ìø  
 çÇ½Õ | ÀÚ Á¼Ç° ÌÀÒ"¼ ç£ðÊîÓÉÇÅÖÀÇÒ¼Õ . ' '

-«Ì , Ì¼ÇÃ Ì¼Õ

According to angathipatham, the deranged pitham produce anger, increased thirst, tiredness, confusion, increased intake of pulippu taste in diet, yellowish coloration of eye, urine and faeces, delusion and finally results in fatty diarrhoea.

2. ÀÇ½Ç¼Õ ÀÇÒ¼ § , ÌÀÕ | ÀÕ , ×ñ¼ ÌÓñÊ  
 , ½Ç | ÀÚ ÁÊü°ÇÔÔÔ ÒÇÇÔÒ"ÈÔ À¼Ç , Ò ¼ ÌÕ  
 À½Ç¼Õ ÁÐÅÇÉ ÌÕ À Ì½ ÁÇÌ¼Ä ÌÕ  
 Á½Ç¼Õ | ÅÂ÷× | ÅÖÅÇø ÅÆÇ ç"¼ ÓÉÇÅÇÉ ÌÕ.

3. "¿çò¼ç"Ã ¼Äç¼Ä;ÖÖ | ¿Î§¿ÃÖ ¿çü", Âçø  
 Îð¼çÃ Äç¼ð¼çÉ;øÖ1 | , ¿ÀÉ;÷ ÁÖó¼çð¼;Öö  
 Íð¼çÂçø Ä;§¾| , ñ¼ «×¾ §¾, ð¾;Öö  
 Àçð¼§Á ÀçÃ§ , Àçððô |ÃöóðÂ÷ | °öôç , §½."

#### 4. According to sathaga naadi

உறுதியுள்ள பித்தமது தோன்றில் வெப்பு  
உண்ணவாயுவத்தி சுரமதி சாரங்கள்  
மறதியுடன் கிறுகிறுப்பு பயித்திய ரோகம்  
வளர் சோகையழலெரிவு காந்தல் கைப்பு  
இருதயத்தில் கலக்கமது மறப்பு தாகம்  
எழுங்கனவு மேய னைவு மயக்க மூர்ச்சை  
சிறிது பெரும்பாடு ரத்தப் பிரமேகங்கள்  
சேர்ந்து மிகு பிணி பலவுஞ் சிறங்குந்தானே  
-சதக நாடி

“சிறப்பான பித்தத்தில் வாத நாடி  
சேரிலுறுந்தாது நட்ட முதர பீடை  
உறைப்பாகச் செறியாமைக்குன் மஞ்சுலை  
யுற்றசுரங்கிராணி வயிற்றிரைச்சல் மந்தம்  
அறைப்பான ஓங்கார புறநீர்க்கோவை  
ஆயாசமிரக்க மொடு மயக்க மூர்ச்சை

முறைக்காய்வு வி,, வீக்கம் மூலவாய்வு  
முரடான நோய் பலவு முடுகும் பண்பே“

-சதகநாடி

பித்தகப நாடி

பண்பான பித்தத்தில் சேத்தும நாடி  
பரிசித்தா லத்திசுரமிளைப்பு ஈளை  
கண் காது நயன மலம் நீருமஞ்சள்  
கனவயிறு பெருமல் மஞ்சள் நோய் கண்ணோவு  
உண்போது மறுத்தல் ரத்தவிப்புருதி தாணும  
உளைமாந்தை பீனிசமும் ஈத்த வீக்கம்  
நண்பான காமாலை சோகை வெப்ப  
நணுகிவந்த பல பிணியும் நண்ணுந்தானே“

-சதகநாடி

## TYPES OF PITHAM

The pitham is of five types depending upon the locations and the functions of as follows:

1. Aakkanal (Anal-pasaka-pitham)-The fire of digestion

“«Æ"ÄÅ", ò |¾ÿÄÃ¾çø Ó¾ÿ"Á |ÄüÈ  
¾;ì,Éø¾;ÿ fõâ¾ ÄÄÁ;ö Äü"Èò  
¾Æ"ÄÖÃó ¾óðòÃó ¾ÖÁ;ø ¯ñ¾  
°;¾ò"¾î |°ÃçòÄçò¾ç Ä°ò"¾î |,;ñî

,Æ"ÄÅçîó ¼çôÀç, "Ç þÃô"Àìì Áîí  
 ,;ÃçÂî|°ö ¼;ÉðÐì ,ç"¼\$Â îÊÂ;ö  
 ÁÆ"Ä|Á;Æç Á;§¼\$ ,û °"ÁììÁçò"¼  
 ÅÆýíÅ÷,;ñ À;°,Á; ÁÉø¼; |çý|È.''

-ÃÕðÐÅð¾ÉçôÂ;¼ø

It lies between the stomach and the intestine and causes digestion and dries up moist ingested substances.

## 2. Vanna eri (Ranjagapitham) - Blood promoting fire

This is lies in the stomach and gives red colour to the chime and produce blood. It improves blood.

‘þ"Ãô"ÄÅ;ú Åñ½|ÅÃç þÈí,çô \$Â;ó¼  
 ±øÄ;çñ ¼ÉìîÁ;üÜ ççÈ|Á;ý È£ó\$¼  
 Åç"ÄÅçÄýÉ °ò|¼øÄ;ö «îî°;"Äì\$,  
 \$ÁÄ"ÅôÀ ¼çÃð¾|Á;ðî Áç¼Äð \$¼öóð  
 çç"Èó¼;üÈ Äí,çç;ÜöÁ¼ç\$°÷ |Á"¼  
 |çÈçÄÄçÂ;ø ÅçÕöÄçÂ;íî À½ç|°ö |¼çø  
 Åç"Ä|°Èç|Áø \$Ä;¼çí,;ö ÒÃìîö |Áö"Ä  
 ÅçÇöðÃî°,î°;¼, Ó"È\$Â Â;§Á"

-

ÃÕðÐÅð¾ÉçôÂ;¼ø

## 3. Aarralanki (saadhagapitham)- The fire of energy

It controls the whole body. It has the property of fulfillments.

#### 4. Ozhi thee (Prasagapitham)-The fire of the brightness

It gives colour and complexion and brightness to the skin.

#### Nokhazhal (Alosaga pitham)-The fire of vision

~Äç | Â; Çç | ° ö ÂÆø¼îîó§¼; ÄçÄð"¼  
| Â; û | Ç; Ççð¼Æ | ÂÉÅçÇçôÄ÷Á£§Éö Å; ð§°ø  
ÅÄç | , îûî, ç çîÅçÕóð , ñ¼ , îð°ç  
ÅÄç | , îûî, ç çîÅçÕóð , ñ¼ , îð°ç  
Å", ÅçÇî, ÁÈçÅçîîö §ç; îî Áí, ç  
ÅçÄçÔÇ áøÅøç; Å÷ ÜÜí , îó¼ç  
ÁçîôÄçÄ; ° , Á; §Ä; ° , í, | ÇÝÜ  
| ¼Äç×ûð | ¼ | ° Âø Ó"Èô Äçð¼ "Áó¼çÝ  
¼ç, | Æ; ÇçÜ÷ ÅçÆçÂ¼í§, fÂö ç£ó§¼! ' ' - ÄÕððÄð ¼ÉçôÄ; ¼ø

It lies in the eyes and causes the faculty of vision. It helps to visualize things.

Type of the Pitha diseases

1. According to Theraiyar Vagadam and Bogar vaithiyaam-700, pitha diseases are classified in to forty types
2. According to Agathiyar Rathina Churukkam, 48 types of pitha diseases are classified.
3. As per Agathiyar Gurunaadi-235, pitha diseases in to 44 types.

4. According to Jeevarakshamirutham, pitha diseases classified in to forty types

They are,

- |                                 |                          |
|---------------------------------|--------------------------|
| 1. Raththapitha rogam           | 2.Amla pitha rogam       |
| 3. Aavarana pitha rogam         | 4.Unmath pitha rogam     |
| 5.Vismiguthi(Marathi)           | 6.Dikthamiguthi(Kasappu) |
| 7. Aasiyabaga pitham            | 8.Jimmiga pitham         |
| 9.Durgantha Pitham              | 10.Thathuru pitham       |
| 11.Soga pitham                  | 12.Moorchai pitham       |
| 13.Kandu pitham                 | 14.Pidaga pitham         |
| 15.Anala pitham                 | 16.Suvetha pitham        |
| 17.Ithma pitham                 | 18.Soola pitham          |
| 19.Vishtamba pitham(Thigaithal) | 20.Suvetha pitham        |
| 21.Virana pitham                | 22.Oorthuva pitham       |



23.Suvasa pitham

24.Sem pitham

25.Karum pitham

26.Thudi pitham

**27.Eripitham**

28.Karapan pitham

29.Vishtaba pitham

30.Moola pitham

31.Kala pitham

32.Odu pitham

33.Moodu pitham

34. Nadukku pitham

35.Kabala pitham

36.Dhaga pitham

37.Thimir pitham

38.Valipith Rogam

39.Kirumi pitham

40.Maruntheedu pitham

## **PREVENTIVE ASPECTS TO AVOID ERIPITHAM**

1. Have to take regular oil bath once in 4 days.
2. Have to take plenty of water and buttermilk.
3. Have to take lot of leafy vegetables, fibre content vegetable and fruit.
4. Have to take sits bath regularly
5. Don't use too much of spices, tamarind.

## READING LINES BETWEEN POEM

According to Yugi Vaithiya Chinthamani,

‘ ‘ «¾ðÊŒÂ «Êðð"¼¾; ÉçÃñÎ À;¾õ  
«Æ, ÿÉ, ñŒ½ÿÎ ÿûÇí, ÿø, û  
,¾ðÊŒÂ ÿûÇí", |ÂÃç×, ÿÏõ  
ÿ¾çÃñÎ ãìŒ, ÿÎ ÅÃñÎ ŒÀ;ìõ  
Ó¾ðÊŒÂ ÓðÓÆí ", ÿø ¾ÿÉçø  
Ó¾ç÷ó¾«Õ ÅçôÀ;ì |Ãð¾ Å;ìõ  
À¾ðÊŒÂü, ÿÛ¾ÿÿ Åç, ŒÅ ŒÃñÎõ  
À;ÃôÀ; ±ÃçÃçð¾õ ÀÃçÿÈ Å;ŒÈ. ‘ ‘  
-ä, ç "Åð¾çÂ °çó¾;Ã½ç

1. «Êðð"¼, pÃñÎ À;¾õ, ÿñ, û  
ÿûÇí, ÿø, û, ÿûÇí", |ÂÃç×, ÿÏõ-Burning sensation of thighs,  
both foot, eyes, both soles  
and palmar surface of hands

2. ÿ¾çÃñÎ ãìŒ, ÿÎ ÅÃñÎ ŒÀ;ìõ - Dryness of the ears, nose.

3. Ó¾ðÊŒÂ ÓðÓÆí ", ÿø ¾ÿÉçø  
Ó¾ç÷ó¾«Õ ÅçôÀ;ì |Ãð¾ Å;ìõ - Numbness of the fore  
arms,

Hands, legs and feet.

***PATHOLOGICAL VIEW  
OF DISSERTATION  
TOPIC***

## **PATHOLOGY FOR ERIPITHAM**

The basic constituent of the body is 96 thathuvam. Due to diet and activities 96 thathuvam gets derangement and results in diseases, either pertaining to body or pertaining to mind.

Due to increased intake of pitha producing diet (increased intake of pullipu and karppu suvaigl) and pitha prone activities (like increased starvation, increased fear, and increased anger and prolonged...) the pitha humour of the body gets derangement. Pitham increased in its level. If it is not treated the pitham derangement will be extensive and it affects the other two humours and the ratio of three humors is altered.

### **Deranged 96 thathuvas are as follows**

#### **Iyboothams**

Water – burning sensation in the eyes.

Fire - burning sensation of feet and hands.

Air - constipation, indigestion, pricking pain in the feet.

Space - increased anger

#### **Iymporigal/ Iympulangal**

Mei- burning sensation of feet and hands.

Vai – presence of Pulippu or kaippu taste.

Kann- burning sensation in the eyes.

**Kanmenthiriyam/ Kanmavidayam**

Kai -burning sensation of feet

Kaal- burning sensation of hands.

**Anthakaranam**

Manam - Delusion

Puthi - Difficult to analyses

Ahankaram -Indecisiveness

Siddham - Reduced ability of achieves

**Naadi**

Idakalai - burning sensation of right foot

Pingalai - burning sensation of left foot

Sulumunai - burning sensation of feet

**Asayam**

Amarvasyam – indigestion

Pakirvasayam- reduced absorption

Malavasayam- difficult defaecation

**Kosam**

Annamaya kosam –seven physical constituent gets deranged

**Gunam**

Thamogunam- drowsiness, sluggishness

## **HUMORAL OR TRIDOSHA PATHOLOGY**

Panchaboothams are manifested in the body as three vital forces,

Vatham

Pitham

Kabham

### **VATHAM OR VAYU:**

The word vayu not only implies wind but also comprehends all the phenomenon which comes under the function of the central and sympathetic nervous system. Structurally it is the combination of Vayu and Aagaya boothams. So it affected in Eripitham. Normally it carries out of respiration, circulation of blood, locomotion, carrying sensory signals and motor signals to and from the brain, micturition, defaecation, parturition, sensation of hearing, sight, taste etc.

It located in idakalai, abanan, faeces, spermatic cord, pelvic bones, skin, hair, nerve & muscle. It has ten types

In Eripam primarily affected Vayukkal ar,

1. Pranan
2. Viyanan
3. Samanan
4. Nagan
5. Kirugaran

These vayukkal affects udal thathukkal and malam.

This is best illustrated in the table below.

Types of vatham	Derangements
1.Pranan	Reduced of appetite
2.Viyanan	Burning sensation of both sole and palmar surfaces
2.Saman	Burning sensation of both sole and palmar surfaces
3.Nagan	Burning sensation of eyes
5. Kirugaran	Reduced of appetite

## **PITHAM**

It is the life manifestation of thee bootham in the body. It is the metabolic thermal life force of the body. It carries out digestion, absorption, metabolism, and colouration of the blood etc.

Pitham located in the pirana vayu, bladder, moolaakini, Heart, Umbilical region, abdomen, stomach, sweat, saliva, blood, eyes and skin.

As moolaatharam is in the akkini mandalam, any pathological condition here can harm the moolakini and eventually derange the pitha humor. In Eripitham all the pithams are affected.

Symptoms are produced when deranged pithams affect the seven thatthus and malam.

This is best illustrated in the table below

S.No	Types of pitham	Derangement
1	Anarpitham	Reduced appetite
2	Ranjapitham	Palloriness of
3	Pirasagapitham	tongue,eyes
4	Aalosagapitham	Dryness of the skin
5	Saathagam	Diminished vision Difficult walking

## **KABAM**

Kabam has Appu and Pirithivi boothams. It is responsible for co-ordination and defense mechanism of the body.

Kabam is located in samaanavayu, semen, suzhumunai, blood, phlegm, bone marrow, nose, chest, nerve, bone, brain, eyes, and joints.

Initially in Eripitham kabam is not deranged but untreated cases all the five types of kabam are affected. This causes of pathological changes leading to sobai noi.



When thathuvams, including Vatham, Pitham, and Kabam are deranged, they affected seven udal thathukkal Viz, Saaram, Senneer, Oon, Kozhuppu, Enbu, Moolai, Sukkilam or Suronitham and Udathees. They affected three malams and intern produces various symptoms according to the severity and the site of ailment.

### Deranged udal thathukkal are as follows

- |         |  |
|---------|--|
| Saaram  | - Under sorvu and mana sorvu.                              |
| Senneer | - Increased pullipu taste, Paleness of the tongue and eyes |

### MANIKADAI NOOL

± ½" Å ÅçÃü, "¼ «Ç×:

Åçðî¼ÉçÕÁÖö | ÅÐÔÔ §Á | ÅøÄ;ö

, çðÊîî °ç"ÄÔí , çÃí , çî , ; ï§Á.

- Ý¼; Á½ç , ÂÚ Ýð¼çÃö

- Ä¼ç | Éñ °çð¼÷ , û ç; Ê °; Š¼çÃö

As per Sooda Manikkayiru Soothiram, those who are having viral kadai alavu of 8 ½ measurement will have burning sensation all over the body but most of Eripitham cases have normal viral kadai alavu of 10 ½ measurement.

***EVALUTION OF  
DISSERTATION  
TOPIC***

***MATERIALS***  
***AND***  
***METHODS***

**MATERIALS AND METHODS**

The clinical study on topic “Eripitham” was carried out in the Out Patients Department of Ayothidoss Pandithar hospital of the National institute of siddha, tambaram sanatorium, Chennai -47.

### **Selection of Cases**

Out of 100 cases screened, 30 cases were selected from the Out patient department and were followed under the supervision of the professor and lecturer of the Noi nadal department.

### **Population sample**

The population consists of Eripitham patients with burning sensation in soles, palmer surface, eyes, thighs and numbness present in both feet, pricking pain. The sample consists of 30 patients attending the OPD/IPD of Ayothidoss Pandithar Hospital of National Institute of Siddha, Chennai.

### **INCLUSION CRITERIA**

Age 30-80 years

### **EXLUTION CRITERA**

Patients of serious illness

### **STUDY ON SIDDHA CLINICAL DIAGNOSIS**

Siddha diagnostic methods such as 96 Thathuvams, Mukkutram, Udal thathukal, Ennvagai thervugal, and Nilam, Kalam, Sothidam, and Manikadai nool were noted.

### **MODERN PARAMETERS:**

The following routine laboratory investigations were carried out in the patients

#### Routine

##### Blood

Haemoglobin estimation

Total count

Differential count

Erythrocyte sedimentation rate

Blood sugar

-Fasting

-Postprandial

##### Urine

Albumine

Sugar

- Fasting

- Postprandial

Deposit

***OBSERVATION***

***AND***

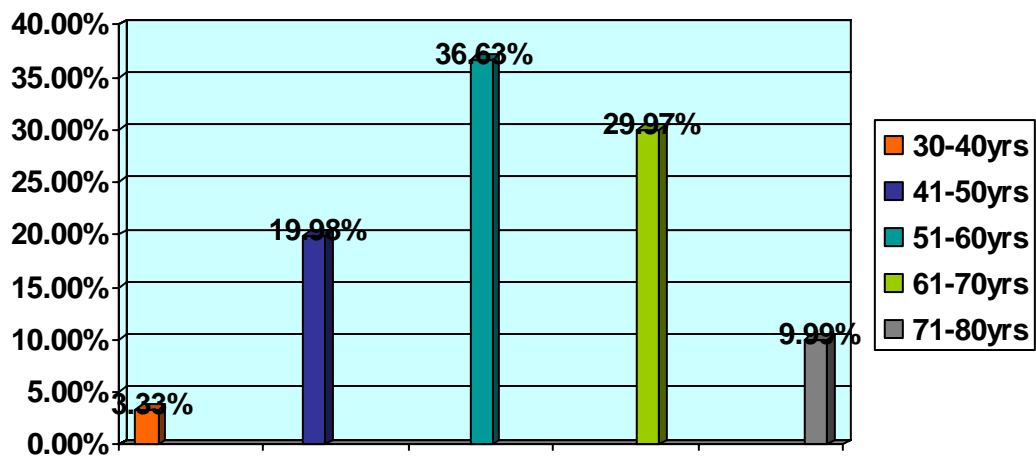
***RESULTS***

## OBSERVATIONS AND RESULT

**Table -1**

### AGE DISTRIBUTION

Age	No. of cases	Percentage
30-40yrs	1	3.33%
41-50yrs	6	19.98%
51-60yrs	11	36.63%
61-70yrs	9	29.97%
71-80yrs	3	9.99%

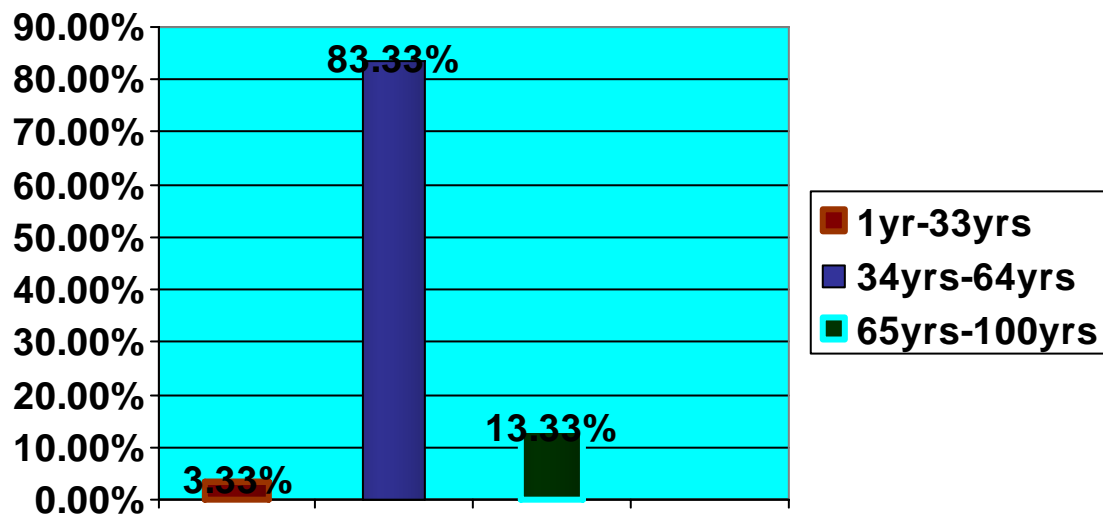


Among 30 cases, 36.63% cases belong to the age group of 51-60yrs, 29.97% cases belong to the age group of 61-70yrs, and 19.98% cases belong to the age group of 41-50yrs,

Table -2

**KAALAM**

Age	No of cases	Percentage
1-33yrs	0	0
34-66yrs	27	89.91%
67-100yrs	3	9.99%
Total	30	100%



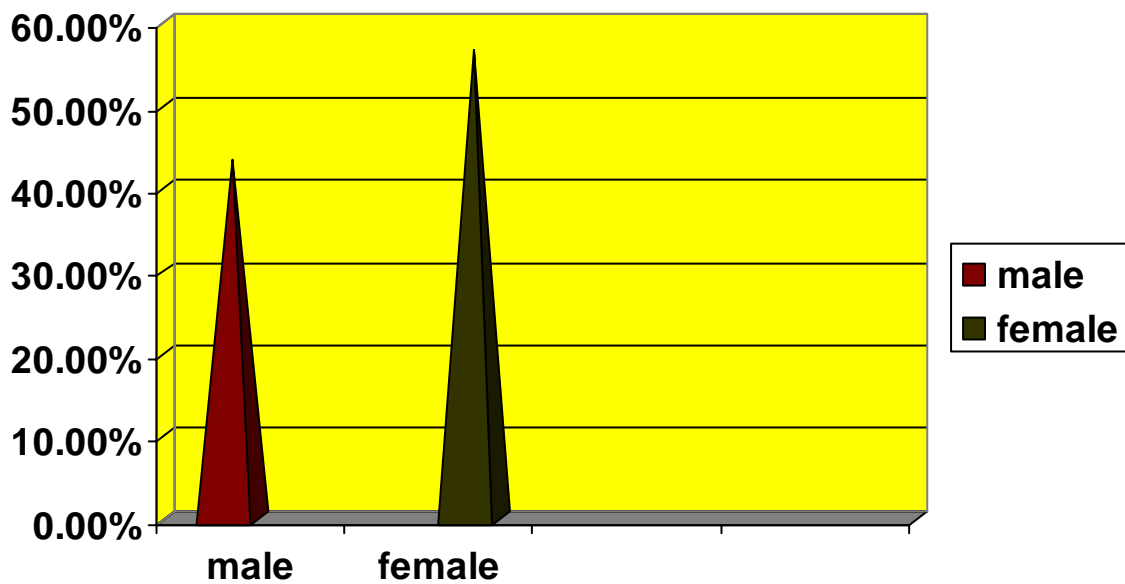
Among 30 cases of 83.33% of cases comes under Pitha kaalam ie: 34-66yrs, 13.33% cases under kapham kaalam ie 67-100yrs, 3.33% of cases come under Vatha kaalam 1-33yrs.



**Table -3**

**GENDER OF DISTRIBUTION**

Gender	No of cases	Percentage
Male	13	43.34
Female	17	56.66
Total	30	100

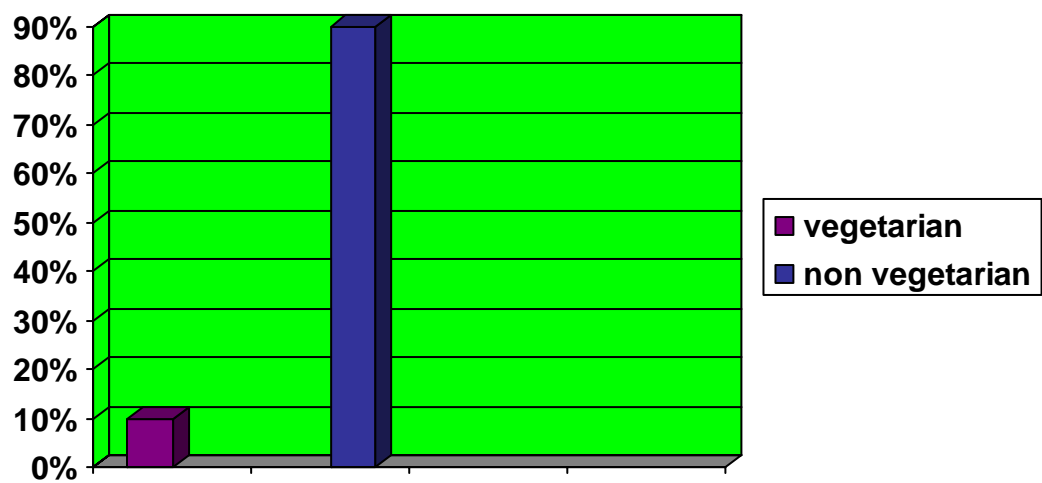


Among 30 cases 43.34 % of are male, 56.66% cases are male.

**Table -4**

**FOOD HABITS**

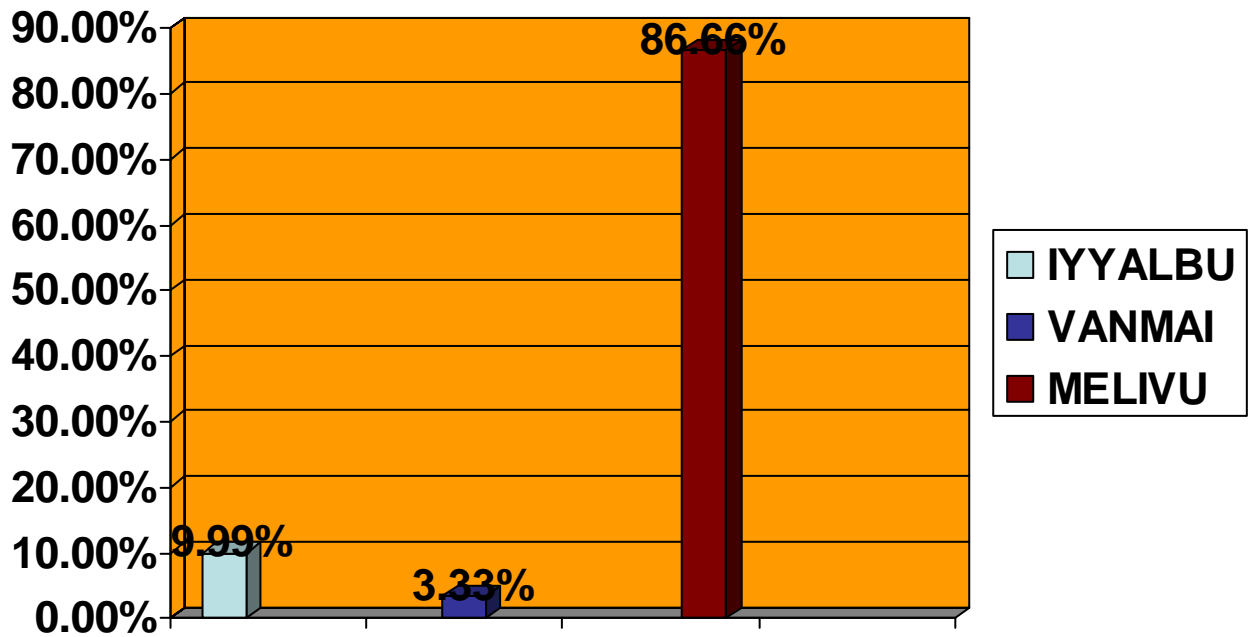
Food habits	No of cases	Percentage
Vegetarian	3	10
Non-vegetarian	27	90
Total	30	100



Out of 30 cases 10% of cases are vegetarian and 90% cases are non vegetarians.

**Table -5 UDAL VANMAI**

Udal vanmai	No. of cases	Percentage
Iyyalbu	3	9.99
Valivu	1	3.33
Melivu	26	86.66

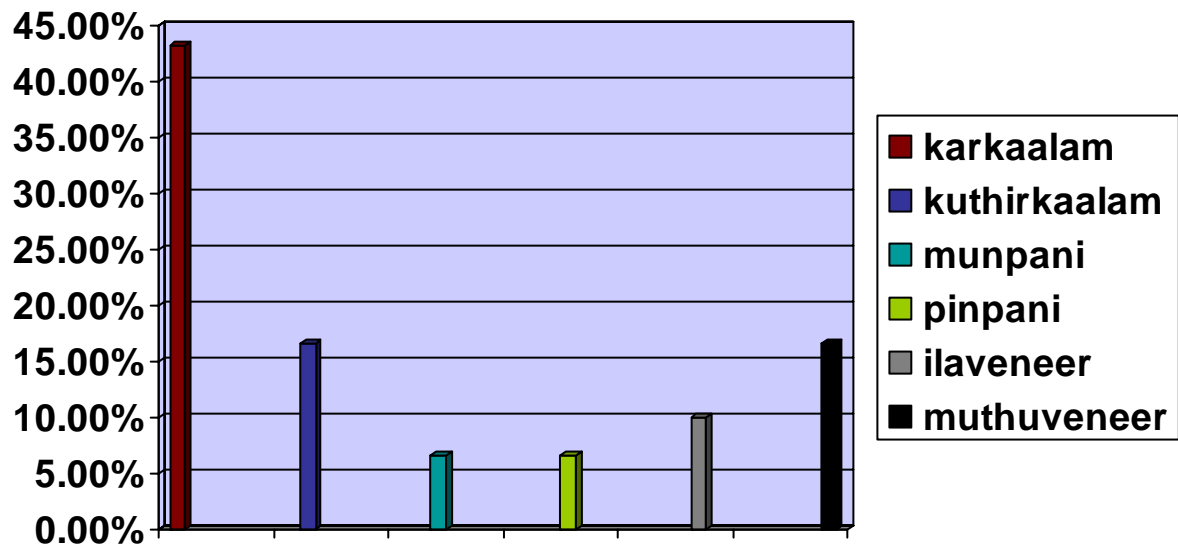


Out of 30 cases 86.66% cases have melivu nilai, 9.995 cases have iyyalpu nilai, and 3.33% cases have valivu nilai.

**Table -6**

**Kalam**

Noi utra kaalam	No. of cases	Percentage
Kaar kaalam	13	43.29
Koothirkaalam	5	16.65
Munpanikalam	2	6.66
Pinpanikalam	2	6.66
Elavenirkaalam	3	9.99
Muthuveneerkaalam	5	16.65

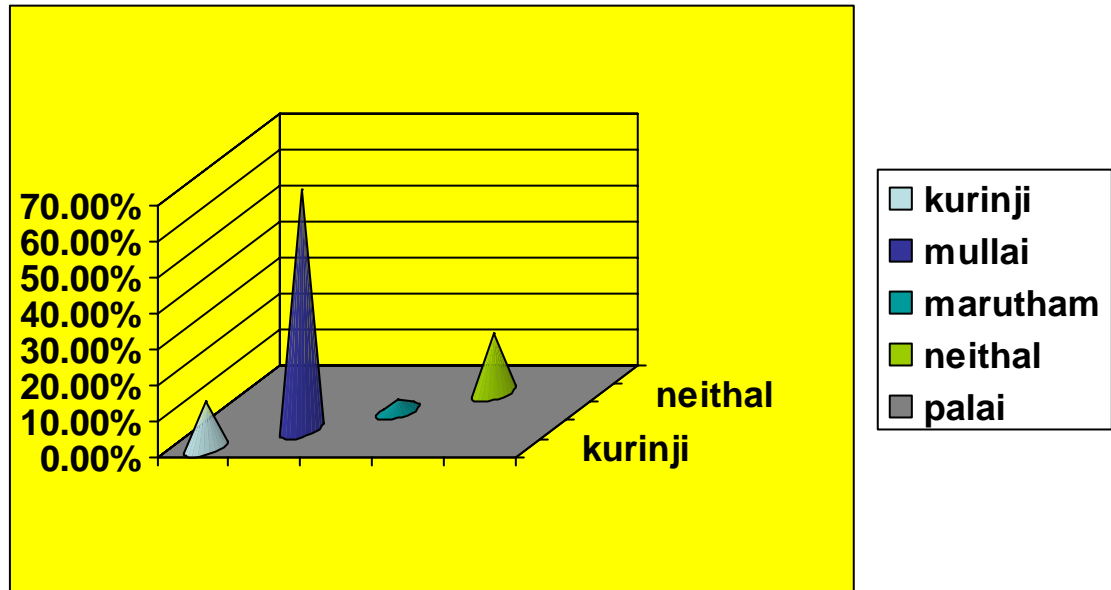


In kaalam, out of 30 cases 43.29% of cases were affected in kaarkalam, 16.65% of cases were affected in muthuveneer kaalam and koothirkaalam.

**Table-7**

**Nilam**

Nilam	No. of cases	Percentage
Kurinji	4	13.12
Mullai	5	16.65
Marutham	1	3.33
Neithal	20	66.66
Palai	0	0



In nilam, out of the 30 cases of study 66.66% cases were affected in neithal nilam, 16.655 cases were affected in mullai nilam.

**Table -8****ETIOLOGY OF PITHA DISEASES**

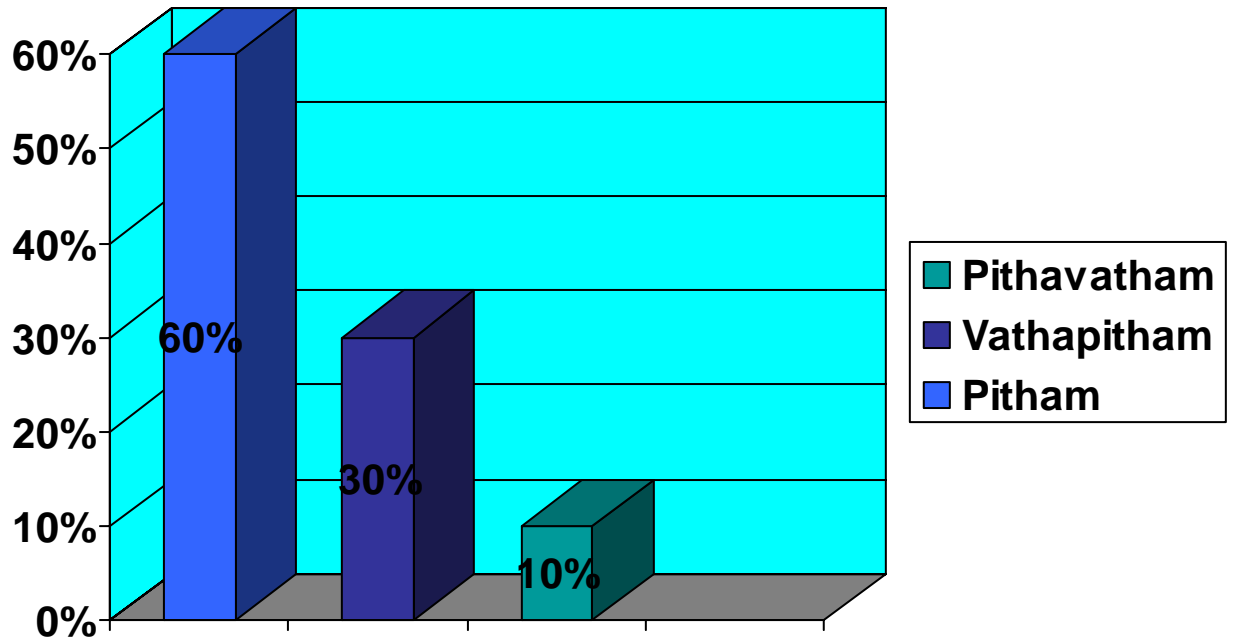
<b>Etiology</b>	<b>No. of Eripitham cases</b>	<b>Percentage</b>
Increased intake of Pulippu taste	29	96.66
Increased intake of Karppu taste	24	80
Increased intake of Uppu taste	25	83.33
Increased intake of Kizhangu vangaigal	24	80
Intake uncooked food	27	90
Resisting appetite	13	43.33
Stress and strain	16	53.33
Increased anger	24	80
Insomnia	9	35.97
Perverted sexual contact	0	0
Over exposure of heat and sun	7	23.33
Riding for prolonged period	6	20

Out of 30 cases 96.66% of cases have history of increased intake of pullipu taste, 80% of increased intake of kizhangu vangaigal, 90% of cases for intake of uncooked food, 80% cases for increased intake of kaarppu taste, 70% of cases for anger, 83.33% of cases for increased intake of uppu taste, 53.33% of cases have stress and strain.

**Table -9**

**NAADI**

<b>Naadi</b>		<b>No. of cases Out of 30</b>	<b>Percentage</b>
<b>Naadi nithanam</b>	Vanmai	26	86.66
	Menmai	4	13.3
<b>Naadi panbu</b>	Punadai	30	100
	kalatthal	30	100
	Kathithal	26	86.66
	Illaithal	4	13.33
<b>Naadi nadai</b>	Pitham	20	66.66
	Vathapitham	7	23.31
	Pithavatham	3	9.99



Out of 30 cases 100% of cases having the puranadai and kalatthal characters in the naadi panbu. 86.66 of cases having the kathithal and 13.33% of cases

showed illaithal characters in their naadi panbu. Among 30 cases 66.66% of cases have the naadinadai of piatham, 23.33% of cases have vathapitham and 9.99% cases have pitha vatham.

**Table-10**

**NAA**

<b>Naa-thanmai</b>		<b>No. of cases</b>	<b>percentage</b>
Thanmai	Maapadinthiruthal	15	50
	Veddippu	12	40
Niram	Karuppu	4	13.33
	Vellupu	15	50
Suvai	Pullippu	6	20
	Kaippu	24	80
Vainer Ooral	Normal	7	23.33
	Increased	15	50
	Decreased	8	26.66

Among 30 cases 40%% of cases have vedippu in their tongue, 50% of cases have maa padinthiruthal. 13.33% of cases have karuppu with redness ie: black pigmentation of tonge with redness, 50% of cases have palloriness. 20%of cases have pullippu taste in their in tongue. 26.66% of cases have increased vai neer ooral.



**Table-11****NIRAM, MOZHI, VIZHI AND MEIKURI**

<b>Name of the parameter</b>	<b>Thanmai</b>		<b>No. of cases</b>	<b>Percentage</b>
Niram	Karuppu		24	80
	Manjal		6	20
Mozhi	Sama ozhi		25	83.33
	Uratha ozhi		5	16.7
Vizhi	Niram	Karuppu	25	83.33
		Manjal	1	3.33
		Sivappu	4	13.33
	Thanmai	Increased kanner	2	6.7
Meikuri	Nilai	Erichal	12	40
	Nilai	Mitha veppam	25	83.33
		Migu veppam	5	16.7
	Viyarvai	Normal	9	30
		Increased	21	70
	Thodu vali	Present	-	-

Among 30 cases 80% of cases are karuppu ie: black and brownish black. 83.33% of cases have sama ozhi. 83.33% of cases have karuppu venvizhi ie: brownish yellow (muddy conjunctiva) 40% of cases have Kann erichel, 6.7 % have increased kanneer. 83.33% of cases have mitha vetpam. 70 % of cases have increased viyarvai.

**Tabe-12****MALAM**

<b>Malam</b>		<b>No. of cases</b>	<b>Percentage</b>
Thanmai	Sikkal	5	16.7
	Sirutthal	6	20
	Ilagal	12	39.96
	Seetham	2	6.66
	Vemmai	5	16.7
Niram	Karuppu	-	-
	Manjal	25	83.33
	velluppu	5	16.7

Among 30 cases 39.96% of cases have Ilagal. In the 16.7% of cases have vemmai, only 16.7% of cases have Sikkal, 83.33% of cases have manjal colored stool, 16.7% of cases have velluppu (mucous mixed) stool.

**Tab-13****NEER**

<b>Neer</b>	<b>No. of cases</b>	<b>No.of cases</b>	<b>percentage</b>
Niram	Vemmai	5	16.7
	Manjal	25	83.33
Manam	Normal	10	33.33
	Honey smell	20	66.66
Nurai	Abcent	18	60
	Present	12	40
Edai	Normal	30	100
Enjal	Alavu(increased)	20	66.66
	Normal	10	33.33
Neikuri	Mellane paraval	30	100
	Mothirathil aravam	7	23.33
	Aravathil mothiram	6	20

Among 30 cases 16.7% of cases have venmai colored urine 83.33% of cases have Manjal niram. 40% of cases have nurai present and 60% cases have nurai abcent. 100% of cases have mella paraval (slow spread), 23.33% of cases have aravathil mothiram and 20% of cases motrhirathil aravam.

**Table-14****DERANGED VATHAM**

<b>Vatham</b>	<b>No.of cases</b>	<b>Percentage</b>
Pranan	15	50
Abanan	10	33.33
Samanan	30	100
Uthanan	0	0
Viynan	30	100
Naahan	12	40
Koorman	0	0
Kiruharan	15	50
Devathathan	0	0
Dhanjeyan	-	

Out of 30 cases 100% of cases have deranged piranan Abanan, Viynan, Saman, and Nagan kirugaran.

**Table-15****DERANGED PITHAM**

<b>Pitham</b>	<b>No.of cases</b>	<b>Percentage</b>
Amalgam	15	50
Ranjagam	15	50
Alosagam	8	26.64
Prasagam	30	100
saathagam	20	66.66

Out of 30 cases have deranged Anagam Ranjagam, Alosagam, Saathagam and Pirsagam.

**Table-16****DERANGED KAPHAM**

<b>Kapham</b>	<b>No.of cases</b>	<b>Percentage</b>
Avalambagam	0	0
Kilathagam	15	50
Pothagam	12	39.96
Tharpagam	0	0
Santhigam	15	50

Out of 30 cases have deranged 100% cases have deranged Kilathagam Pothagam, Tharpagam, 50% cases have deranged Santhigam.

**Table -17****UDAL THATHUKKAL**

<b>Udal thathukkal</b>	<b>No.of cases</b>	<b>Percentage</b>
Saaram	30	100
Senneer	15	50
Oon	15	50
Koluppu	15	50
Enbu	15	50
Moolai	-	-
Sukkilam/Suronitham	-	-

Out of 30 cases 100% cases have deranged Saram, 50% cases have deranged Senneer, Oon, Koluppu, and Enbu.

**Table-18****BLOOD SUGAR ESTIMATION**

<b>FBS</b>	<b>PPBS</b>	<b>No. of cases</b>	<b>Percentage</b>
110-160	180-250	18	60
160-220	250-350	12	40

Out of 30 cases 60% of cases have fasting 110-160 gms/dl, postprandial 180-250 gms/dl. 40%cases have fasting 160-220 gms/dl, postprandial 250-350 gms/dl.

**Table -19**

**RASI DISTRIBUTION**

<b>Rasi</b>	<b>No.of cases</b>	<b>Percentage</b>
Mesham	2	6.66
Rishapam	0	0
Midunam	1	3.33
Katagam	1	3.33
Simmam	2	6.66
kanni	0	0
Thulam	0	0
Virchikam	8	26.64
Dhanusu	0	0
Kumbam	1	3.33
Meenam	4	13.32
Not known	11	36.33
Total	30	100

Out of 30 cases 23.3 % cases have Viruchiga Rasi, 13.32% cases have Meenam Rasi and 6.6% cases have Mesham Rasi.

100

**Table-20**

**NATCHATHIRAM DISTRIBUTION**

<b>Natchathiram</b>	<b>No. of cases</b>	<b>Percentage</b>
Aswini	1	3.33
Karthigai	1	3.33
Mirugaseeradam	1	3.33
Ayilyam	0	0
Meacham	4	13.32
Pooram	0	0
Utthiram	0	0
Katie	3	9.99
Moolam	2	6.66
Avittam	5	16.65
Revathi	5	16.65
Not known	8	26.64
Total	30	100

Out of 30 cases 16.65% % cases have Avitam and Revathi natchethiram.



13.32% cases have Mecham natchathiram. 9.99% cases have Katie Natchathiram.

**Table-21**

**CLINICAL FEATURE**

<b>Clinical features</b>	<b>No. of cases</b>	<b>Percentage</b>
Burning sensation of eyes	12	40
Burning sensation of thighs	2	6.66
Burning sensation of soles	30	100
Burning sensation of hands	20	66.66
Numbness of feet	15	50
Pricking pain in the feet	15	50

Among 30 cases 100% of cases have burning sensation of soles, and hands, 50% cases have numbness of feet, and pricking pain, 40% cases have burning sensation of eyes, and burning sensation of thighs.

**Table-22****MANIKADAI NOOL**

<b>Manikkadai Nool</b>	<b>No. Of cases</b>	<b>Percentage</b>
Viral kadai alavu		
7 $\frac{1}{2}$	3	9.99
8	2	6.66
8 $\frac{1}{2}$	7	23.31
9 $\frac{3}{4}$	2	6.66
10	3	9.99
10 $\frac{1}{4}$	8	26.67
11	3	9.99
11 $\frac{1}{2}$	2	6.66

Among 30 cases 26.31 cases have 10  $\frac{1}{4}$  viral kadaialavu, 23.31 cases have 8 $\frac{1}{2}$  viral kadaialavu, 9.99% have 7 $\frac{1}{2}$  viral kadaialavu, 9.99% have 11 viral kadaialavu, and 6.66% have 9  $\frac{3}{4}$  viral kadaialavu.

# ***ALLIED PARAMETERS***

**ALLIED PARAMETERS**  
**TABLE SHOWS LABORATORY INVESTIGATION REPORT**

S.No .	IP/OP No.	Age/ Sex	TC (Cells/ Cu.mm)	BLOOD										
				DC (%)			ESR (mm)		Hb gems %	sugar				
				P	L	E	½ hr	1 hr		F	PP	Alb	Suga	
												F		
1	W2110	50/F	7800	61	29	10	18	36	10.	150	250	Nil	+	-
2	O3144	56/M	7600	56	42	2	4	6	11.5	124	202	Nil	+	+
3	AE1074	53/M	7083	51	43	5	2	4	11.5	151	234	Nil	-	+
4	AA4275	43/M	8000	61	38	1	6	8	13	247	360	Nil	++	
5	X9763	65/M	8100	58	41	1	4	6	11.7	207	278	Nil	+	+
6	R9949	58/M	7900	61	37	2	4	8	14	123	208	Nil	Nil	+
7	AF856	49/M	7800	60	37	3	2	8	12.5	80	207	Nil	Nil	N

8	AJ8354	67/M	6900	55	40	5	6	10	14.5	163	200	Nil	+	+
9	AD5600	55/F	7667	54	45	1	6	12	13	131	238	Nil	Nil	N
10	AE3927	59/M	7539	57	41	3	4	6	14.7	169	284	Nil	Trace	+
11	F8943	56/M	6543	64	35	1	2	4	14	244	296	Nil	++	N
12	T2521	54/F	8124	58	38	4	8	16	12.6	112	235	Nil	Nil	N
13	AD5702	65/F	7600	53	43	6	4	18	12	193	314	Nil	+	+
14	IP978	65/F	7500	56	31	13	25	45	6.6	150	234	Nil	+	+
15	IP935	67/F	6000	55	40	5	10	25	13	116	136	Nil	Nil	T

## ALLIED PARAMETERS

### TABLE SHOWS LABORATORY INVESTIGATION REPORT

S.No .	IP/OP No.	Age/ Sex	TC (Cells/ Cu.mm)	BLOOD										
				DC (%)			ESR (mm)		Hb gems %	sugar				
				P	L	E	½ hr	1 hr		F	PP	Alb	Suga	
												F		
16	R3679	62/F	7980	59	41	0	20	26	13	136	240	Nil	+	+
17	AF6604	65/M	7400	56	38	6	4	8	13.5	143	243	+	Nil	N
18	J7362	47/M	8307	55	43	2	6	10	15.5	159	307	Nil	+	+
19	Y5289	49/F	6700	56	42	2	18	26	13.00	212	256	Nil	Trace	+
20	AJ2012	63/F	8200	53	44	3	80	50	9	233	308	++	+	+
21	AB8404	55/F	5900	46	40	4	20	30	9.7	132	236	Nil	Nil	+
22	AI7247	75/F	7509	55	43	2	4	8	13	291	363	Nil	++	+

23	AJ2127	60/M	8302	57	42	1	6	8	14	180	379	Nil	++	+
24	AG8628	53/M	7100	56	42	2	5	10	15	138	310	Nil	+	+
25	AG3267	62/F	7220	54	43	3	4	14	14.6	100	408	Nil	+	N
26	IP 913	75/F	6800	58	38	4	15	30	10	209	355	Nil	Trace	+
27	IP865	60/F	7800	60	32	2	88	76	11	148	246	Trace	+	N
28	AI.7221	39/M	8760	64	31	5	10	20	11.6	310	450	Nil	++	+
29	AJ3859	45/M	6700	60	35	5	15	20	12.50	307	382	+	++	+
30	AJ5624	72/M	5300	54	30	8	20	40	12.1	96	224	Nil	+	+

## TABLE SHOWS ENN VAGAI THERVUGAL

SL. NO	IP/OP NO	AGE/SEX	NAADI	NAA	NIRAM	MOZHI	VIZHI	MALAM	MOO
									NEERKUR I
1	W2110	50/F	Pitham	Maa padithal Pulippu taste vellupu	Manjal	Samaoli	Muddy	Ilagal Manjal niram	M.N(+++)
2	O3144	56/M	Pitham	Pulippu taste velluppu	Karumai	Urathaoli	Muddy	Ilagal Manjal niram	I.M.N(++) Foam nil
3	AE1074	53/F	Vathapitham	Kaippu taste vellupu	Karumai	Samaoli	Sivapu Erichel	Ilagal Manjal niram	M.N(+++)
4	AA4275	43/M	Pitham	Maa padithal Kaippu taste	Karumai	Thanithaoli	Muddy	Ilagal Manjal niram	V.N(+) Foam(+)
5	X9763	65/M	Pitham	Karumai vellupu	Karumai	Urathaoli	Manjal Erichel	Ilagal Manjal niram	M.N(+++) Foam(+)
6	R9949	58/M	Pitham	Maa padithal Kaippu taste	Karumai	Urathaoli	Muddy	Irugal Manjal niram	I.M.N(++) Foam nil
7	AF856	49/M	Pitham	Maa padithal Pulippu taste	Karumai	Samaoli	Muddy Erichel	Ilagal Manjal niram	M.N(+++) Foam nil
8	AJ8354	45/F	Vathapitham	Vellupu Kaippu taste	Manjal	Samaoli	Muddy	Ilagal Manjal niram	V.N(+) Foam nil

9	AD5600	55/F	Pitham	Maa padithal Pulippu taste	Karumai	Samaoli	Muddy Erichel	Ilagal Manjal niram	I.M.N(++) Foam nil
10	AE3927	59/M	Vathapitham	Vellupu Maa padithal	Manjal	Urathaoli	Sivappu Erichel	Irugal Manjal niram	I.M.N(++) Foam nil
11	F8943	56/M	Pitham	Vellupu Pulippu taste	Manjal	Urathaoli	Muddy	Ilagal Manjal niram	I.M.N(++) Foam(+)
12	T2521	54/F	Pitham	Pulippu taste	Karumai	Samaoli	Muddy	Ilagal Manjal niram	M.N(+++) Foam nil
13	AD5702	65/F	Pitham	Vellupu Pulippu taste	Manjal	Samaoli	Muddy Erichel	Ilagal Manjal niram	M.N(+++) Foam nil
14	AJ8604	55/F	Pitham	Vedippu Maa padithal	Karumai	Samaoli	Muddy	Irugal Manjal niram	I.M.N(++) Foam nil
15	IP978	65/F	Pitham	Vedippu Vellupu	Karumai	Thanithaoli	Manjal Erichel	Ilagal Manjal niram	I.M.N(++) Foam(+)

M.N(manjal niram)  
V.N(vellupu niram)

I.M.N(ilamanjal niram)

## TABLE SHOWS ENN VAGAI THERVUGAL

SL. NO	IP/OP NO	AGE/ SEX	NAADI	NAA	NIRAM	MOZHI	VIZHI	MALAM	MOOTI
									NEERKURI
16	R3679	62/F	Pitham	Maa padithal Kaippu taste	Karumai	Samaoli	Muddy	Ilagal Manjal niram	M.N(+++) Foam nil
17	AG3972	52/F	Pithavatham	Maa padithal Kaippu taste	Manjal	Samaoli	Muddy	Ilagal Manjal niram	M.N(+++) Foam nil
18	J7362	47/M	Pitham	Vedippu Maa padithal	Karumai	Urathaoli	Muddy	Ilagal Manjal niram	I.M.N(++) Foam(+)
19	AE3864	55/F	Vathapitham	Pulippu taste Vedippu	Karumai	Samaoli	Muddy	Ilagal Manjal niram	M.N(+++) Foam nil
20	H9926	50/F	Pitham	Vedippu Maa padithal	Karumai	Samaoli	Manjal	Irugal Manjal niram	M.N(+++) Foam nil
21	AI9878	55/F	Pitham	Pulippu taste Vedippu	Manjal	Samaoli	Muddy	Ilagal Manjal niram	M.N(+++) Foam(+)
22	AI7238	75/M	Vathapitham	Vedippu Maa padithal	Manjal	Samaoli	Muddy	Ilagal Manjal niram	I.M.N(++) Foam nil
23	AJ2127	60/M	Pithavatham	Pulippu taste Vedippu	Karumai	Urathaoli	Muddy	Ilagal Manjal niram	V.N(+) Foam nil
24	AG8628	53/M	Pitham	Maa padithal Kaippu taste	Karumai	Thanithaoli	Manjal Erichel	Irugal Manjal niram	M.N(+++) Foam nil

25	AG3267	62/F	Pitham	Pulippu taste Vellupu	Karumai	Samaoli	Manjal	Ilagal Manjal niram	M.N(+++) Foam nil
26	Y6764	65/M	Pitham	Maa padithal Kaippu taste	Manjal	Urathaoli	Muddy	Ilagal Manjal niram	I.M.N(++) Foam(+)
27	IP865	60/F	Vathapitham	Maa padithal Kaippu taste	Manjal	Samaoli	Muddy	Ilagal Manjal niram	I.M.N(++) Foam nil
28	AI.7221	39/M	Pithavatham	Maa padithal Kaippu taste	Karumai	Urathaoli	Muddy	Ilaga Manjal niram	M.N(+++) Foam nil
29	IP935	67/F	Pitham	Pulippu taste Vedippu	Karumal	Samaoli	Muddy	Ilagal Manjal niram	M.N(+++) Foam nil
30	IP913	75/F	Pitham	Maa paditha Kaippu taste	Manjal	Samaoli	Manjal Erichel	Ilagal Manjal niram	V.N(+) Foam(+)

**M.N** (manjal niram)

**I.M.N** (ilamanjal niram)

**V.N** (vellupu niram)

# ***ANATOMY OF PERIPHERAL NERVOUS***



# ***SYSTEM***

## **ANATOMY OF PERIPHERAL NERVOUS SYSTEM**

The peripheral nervous system (PNS) can be divided into the somatic nervous system and the autonomic nervous system (ANS). The PNS is not protected by bone, leaving it exposed to injury, unlike the central nervous system, which is made of the brain and spinal cord, to serve the limbs and organs.

## **CONTENTS**

### **I. General classification**

- By direction
- By function

II. Naming of specific nerves

III. Cervical spinal nerves (C1-C4)

IV. Brachial plexus (C5-T1)

- Before forming three cords
- Medial cord

V. Neurotransmitters

## **I.GENERAL CLASSIFICATION**

The peripheral nervous system can be classified either by direction of neurons or by function.

### **1 By direction**

There are three types of directions of the neurons:

- Sensory system by neurons, between the sensory and motor neurons.  
However, there are relay neurons in the CNS as well.

### **2.By function**

By function, the peripheral nervous system is divided into two,

1. The somatic nervous system ,

## 2. Autonomic nervous system

### **The somatic nervous system**

It is responsible for coordinating the body movements, and also for receiving external stimuli. It is the system that regulates activities that are under conscious control.

### **The autonomic nervous system**

It is then split into three

1. The sympathetic division
2. Parasympathetic division
3. Enteric division.

### **The sympathetic nervous system**

It responds to impending danger or stress, and is responsible for the increase of one's heartbeat and blood pressure, among other physiological changes, along with the sense of excitement one feels due to the increase of adrenaline in the system.

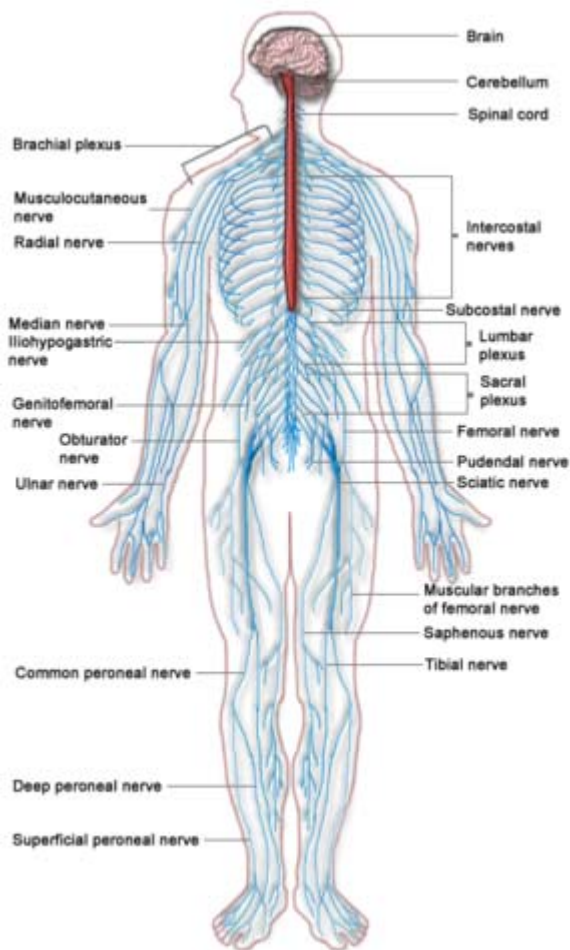
### **The parasympathetic nervous system**

On the other hand, is evident when a person is resting and feels relaxed, and is responsible for such things as the constriction of the pupil, the slowing of the heart, the dilation of the blood vessels, and the stimulation of the digestive and genitourinary systems.

### **The enteric nervous system**

The role of the enteric nervous system is to manage every aspect of digestion, from the esophagus to the stomach, small intestine and colon.

## **II. NAMING OF SPECIFIC NERVES**



The Human Nervous System. Blue is PNS while red is CNS.

### III.CERVICAL SPINAL NERVES

#### 1. CRANIAL NERVES

Ten out of the twelve cranial nerves originate from the brainstem, and mainly control the functions of the anatomic structures of the head with some exceptions.

The nuclei of cranial nerves I and II lie in the forebrain and thalamus, respectively, and are thus not considered being true cranial nerves.

CN X (10) receives visceral sensory information from the thorax and abdomen, and CN XI (11) is responsible for innervating the sternocleidomastoid and trapezius muscles, neither of which is exclusively in the head.

## **2. SPINAL NERVES**

Spinal nerves take their origins from the spinal cord. They control the functions of the rest of the body.

In humans, there are 31 pairs of spinal nerves:

- 8 cervical,
- 12 thoracic,
- 5 lumbar,
- 5 sacral and 1 coccygeal.

Cervical spinal nerves (C1-C4)

*Further information: cervical plexus*

The first 4 cervical spinal nerves, C1 through C4, split and recombine to produce a variety of nerves that subserve the neck and back of head.

Spinal nerve C1 is called the suboccipital nerve which provides motor innervation to muscles at the base of the skull.

C2 and C3 form many of the nerves of the neck, providing both sensory and motor control. These include the greater occipital nerve which provides sensation to the back of the head, the lesser occipital nerve which provides sensation to the area behind the ears, the greater auricular nerve and the lesser auricular nerve. See occipital neuralgia. The phrenic nerve arises from nerve roots C3, C4 and C5. It innervates the diaphragm, enabling breathing. If the spinal cord is transected above C3, then spontaneous breathing is not possible.

#### IV. BRACHIAL PLEXUS (C5-T1)

The last four cervical spinal nerves, C5 through C8, and the first thoracic spinal nerve, T1, combine to form the brachial plexus, or plexus brachialis, a tangled array of nerves, splitting, combining and recombining, to form the nerves that subserve the arm and upper back. Although the brachial plexus may appear tangled, it is highly organized and predictable, with little variation between people.

##### **1. Before forming three cords**

The first nerve off the brachial plexus, or plexus brachialis, is the dorsal scapular nerve, arising from C5 nerve root, and innervating the rhomboids and the levator scapulae muscles.

The long thoracic nerve arises from C5, C6 and C7 to innervate the serratus anterior.

The brachial plexus first forms three trunks, the superior trunk, composed of the C5 and C6 nerve roots, the middle trunk, made of the C7 nerve root, and the inferior trunk, made of the C8 and T1 nerve roots.

The suprascapular nerve is an early branch of the superior trunk. It innervates the suprascapular and infrascapular muscles, part of the rotator cuff.

The trunks reshuffle as they traverse towards the arm into cords. There are three of them. The lateral cord is made up of fibers from the superior and middle trunk. The posterior cord is made up of fibers from all three trunks. The medial cord is composed of fibers solely from the medial trunk.

### **3. Medial cord**

The medial cord gives rise to the following nerves:

- The median pectoral nerve, C8 and T1, to the pectoralis muscle
- The medial brachial cutaneous nerve, T1
- The medial antebrachial cutaneous nerve, C8 and T1
- The median nerve, partly.
- The other part comes from the lateral cord. C7, C8 and T1 nerve roots.
- The first branch of the median nerve is to the pronator teres muscle, then the flexor carpi radialis, the palmaris longus and the flexor digitorum superficialis.
- The median nerve provides sensation to the anterior palm, the anterior thumb, index finger and middle finger. It is the nerve compressed in carpal tunnel syndrome.
- The ulnar nerve originates in nerve roots C7, C8 and T1. It provides sensation to the ring and pinky fingers.



- It innervates the flexor carpi ulnaris muscle, the flexor digitorum profundus muscle to the ring and pinky fingers, and the intrinsic muscles of the hand (the interosseous muscle, the lumbrical muscles and the flexor pollicis brevis muscle).
- This nerve traverses a groove on the elbow called the cubital tunnel, also known as the funny bone.
- Striking the nerve at this point produces an unpleasant sensation in the ring and little finger.

## **V.NEUROTRANSMITTERS**

The main neurotransmitters of the peripheral nervous system are acetylcholine and noradrenaline.

However, there are several other neurotransmitters as well, jointly labeled Non-noradrenergic, non-cholinergic (NANC) transmitters.

Examples of such transmitters include

### **Non-peptides:**

ATP, GABA, dopamine, NO, and

### **Peptides:**

Neuropeptide Y, VIP, GnRH, Substance P and CGRP.

***A VIEW ON DIABETIC  
NEUROPATHY***

## **A VIEW ON DIABETIC NEUROPATHY**

This is relatively early and common complication affecting approximately 30% of diabetic patients. Although in a few patients it can cause severe disability, it is symptomless in majority. Like retinopathy, it occurs secondary to metabolic disturbance, and prevalence is related to the duration of diabetes and the degree of metabolic control. Although there is evidence that the central nervous system is affected in long term diabetes, the clinical impact of diabetes is mainly manifested on the peripheral nervous system.

### **AETIOLOGY**

The causes are probably different for different types of diabetic neuropathy. Researchers are studying how prolonged exposure to high blood glucose causes nerve damage. Nerve damage is likely due to a combination of the following factors:

#### **1. METABOLIC FACTORS:**

Such as high blood glucose, long duration of diabetes, abnormal blood lipid levels, and possibly low levels of insulin.

#### **2. NEUROVASCULAR FACTORS**

They leading to damage to the blood vessels that carry oxygen and nutrients to nerves.

#### **3. AUTOIMMUNE FACTORS**

They cause inflammation in nerves.

#### 4. MISCELLANEOUS FACTORS

Mechanical injury to nerves, such as carpal tunnel syndrome.

Inherited traits that increase susceptibility to nerve disease.

Lifestyle factors, such as smoking or alcohol abuse.

#### **PATHOLOGY**

Peripheral neuropathy is the term used for disorders of the peripheral nerves cause. It may be polyneuropathy, mononeuropathy multiplex, and mononeuropathy.

##### **Polyneuropathy**

It is characteristically symmetrical with noticeable sensory feature such as tingling, pricking, burning sensation or dysesthesia in feet and toes. Motor feature like muscle weakness and loss of tendon reflex may be present. Involvement of the autonomic nervous system maybe associated. Most cases have origin in acquired metabolic and toxic causes such as thiamine deficiency,diabete, amyloidosis, autoimmune demyelinating disease(Guillain Barr'e syndromes) and administration of toxins and certain therapeutic agents(e.g. vincristine, isoniazid).Besides these, a number hereditary polyneropathies are described.

*Pathologically* polyneuropahy may be the result of axonal degeneration (axonopathy) or segmental demyelination (demyelinatng polyneropathy).In each type, acute, subacute and chronic forms are distinguished. Guillain Barr'e

syndromes classical example of acute demyelinating polyneuropathy which has probably an autoimmune etiology

**Mononeuropathy multiplex or multifocal neuropathy** is defined as simultaneous or sequential multifocal involvement of nerve trunk which are not in continuity. The involvement may be partial and complete and may evolve over days or years. Multifocal neuropathy represents part of spectrum of chronic acquired demyelinating neuropathy.

**Mononeuropathy**, on the other hand, is focal involvement of single nerve. It is generally the result of local causes such as direct trauma, compression and entrapment.

## **HISTOPATHOLOGY**

Axonal degeneration of both myelinated and unmyelinated fibers

Early: axon shrinkage

Later: axonal fragmentation; regeneration

Thickening of Schwann cell basal lamina

Patchy, segmental demyelination

Thickening of basement membrane and microthrombi in intramural capillaries

## **CLINICAL FEATURES**

This is frequently asymptomatic. The most common signs found on physical examination are diminished perception of vibration sensation

distally. 'glove-and-stockings' impairment of all other modalities of sensation and loss of tendon reflex in the lower limbs.

Sensory abnormalities dominate the clinical presentation.

- Numbness or insensitivity to pain or temperature
- A tingling, burning, or pricking sensation
- Sharp pains or cramps
- Extreme sensitivity to touch, even light touch

## ***DISCUSSION***

## DISCUSSION

Eripitham, a clinical entity which is described in *Yugi Vaithiya chinthamani*, is taken for the detailed study.

In the Out Patient Department, AyodithiDoss Pandithar Hospital, National Institute of Siddha, the author has seen 1000 patient of mathumega noigal in which most of them are having the symptoms like burning sensation of eyes, feet, hands and palms. These symptoms are most likely to be seen in **Eripitham** as per *Yugi Vaithiya chinthamani*. So the researcher has taken '**Eripitham**' for the clinical study.

According to Yugi vathiya chinthamani, 'Eripitham' is classified under the types of pitha diseases.

**Eripitham** has the symptoms of burning sensation of thighs, eyes, palms and soles, feet, Numbness of both foot and hands.

The study consists of 30 patients between the age group of 30-80 years. Among 30 cases, 25 cases were seen in **O.P.D** and 5 cases were admitted in **I.P.D**, Noi Naadal Department of Ayothi Doss Pandither Hospital of National Institute of Siddha, Tambaram Sanatorium, Chennai-47.

Among 30 cases, 36.63% cases belong to the age group of 51-60yrs, 29.97% cases belong to the age group of 61-70yrs, and 19.98% cases belong to the age group of 41-50yrs,



Among 30 cases, 83.33% of cases come under Pitha kaalam ie: 34-66yrs, 13.33% cases under kabam kaalam ie 67-100yrs, 3.33% of cases come under Vatha kaalam 1-33yrs.

Among 30 cases, 43.34 % of are male, 56.66% cases are male.

Most of 30 cases, 90% of cases are non vegetarian and 10% cases are vegetarians.

Out of 30 cases, 100% of cases having the puranadai and kalatthal characters in the naadi panbu. 86.66 of cases were of kathithal and 13.33% of cases showed illaithal characters in their naadi panbu. Among 30 cases, 66.66% of cases have the naadinadai of piatham, 23.33% of cases have VathaPitham and 9.99% cases have PithaVatham.

Among 30 cases, 40% of cases have Vedippu in their tongue, 50% of cases have Maa padinthruthal. 13.33% of cases have Karuppu with Redness ie: black pigmentation of tongue with redness, 50% of cases has palloriness. 20%of cases have pullippu taste in their in tongue. 26.66% of cases have increased vai neer Ooral.

Among 30 cases, 80% of cases are karuppu ie: black and brownish black. 83.33% of cases have Sama ozhi. 83.33% of cases have karuppu venvizhi ie: brownish yellow (muddy conjunctiva) 40% of cases have Kan erichel, 6.7 % have increased kanneer. 83.33% of cases have mitha vetpam. 70 % of cases have increased viyarvai.

Among 30 cases 16.7% of cases have venmai colored urine 83.33% of cases have Manjal niram. 40% of cases have nurai present and 60% cases have nurai abcent. 100% of cases have mella paraval (slow spread), 23.33% of cases have aravathil mothiram and 20% of cases motrhirathil aravam.

Among 30 cases 39.96% of cases have Ilagal. In the 16.7% of cases have vemmai, only 16.7% of cases have Sikkal, 83.33% of cases have manjal colored stool, 16.7% of cases have velluppu (mucous mixed) stool.

Out of 30 cases 100% of cases have deranged Piranan, Abanan, Viynan, Saman, and Nagan Kirugaran.

Out of 30 cases have deranged Analagam, Ranjagam, Alosagam, Saathagam, pirasagam.

Out of 30 cases have deranged 100% cases have deranged kilathagam pothagam tharpagam, santhigam.

Out of 30 cases 100% cases have deranged Saram, 50% cases have deranged Senneer, Oon, Koluppu, and Enbu.

Out of 30 cases 60% of cases have fasting 110-160 gms/dl, postprandial 180-250 gms/dl. 40%cases have fasting 160-220 gms/dl, postprandial 250-350 gms/dl.

Out of 30 cases 23.3 % cases have Viruchiga Rasi, 13.32% cases have Meenam Rasi and 6.6% cases have Mesham Rasi.

Out of 30 cases 16.65% % cases have Avitam and Revathi natchethiram. 13.32% cases have Meacham natchathiram. 9.99% cases have Katie Natchathiram.

Among 30 cases 26.31 cases have  $10\frac{1}{4}$  viral kadaialavu, 23.31 cases have  $8\frac{1}{2}$  viral kadaialavu, 9.99% have  $7\frac{1}{2}$  viral kadaialavu, 9.99% have 11 viral kadaialavu, and 6.66% have  $9\frac{3}{4}$  viral kadaialavu.

The symptoms of *Eripitham* are congruent with symptoms of *Diabetic Neuropathy*

**Deranged 96 thathuvas are as follows**

**Iyboothams**

Water – burning sensation in the eyes.

Fire - burning sensation of feet and hands.

Air - constipation, indigestion, pricking pain in the feet.

Space - increased anger

**Iymporigal/ Iympulangal**

Mei- burning sensation of feet and hands.

Vai – presence of Pulippu or kaippu taste.

Kann- burning sensation in the eyes.

**Kanmenthiriyam/ Kanmavidayam**

Kai - burning sensation of feet

Kaal - burning sensation of hands.

**Anthakaranam**

Manam - Delusion

Puthi - Difficult to analyses

Ahankaram - Indecisiveness

Siddham - Reduced ability of achieves

**Naadi**

Idakalai - burning sensation of right foot

Pingalai - burning sensation of left foot

Sulumunai - burning sensation of feet

**Asayam**

Amarvasyam – indigestion

Pakirvasayam- reduced absorption

### **Kosam**

Annamaya kosam –seven physical constituent gets deranged

### **Gunam**

Thamogunam- drowsiness, sluggishness

## **DIFERENTIAL DIAGNOSIS**

### **KARATHAMBA VATHAM:**

Though the patients have burning sensation of both hands, legs, and all over the body, since they do not show the following symptoms such as pallor of the body, difficulty to walk .decreased salivary secretion, and also feelingness may present increased body weight.So, the author concludes that this is not an “Eripitham”.

### **KARAI SOOLAI**

Though the patients have burning sensation of both hands, legs, and all over the body,since they do not show the following symptoms such as excessive sweating ,low back pain and severe pain in both legs and hands.and also mosly this disease affect the pregnant women. So, the author concludes that this is not an “Eripitham”.

# ***CONCLUSION***

**CONCLUSION**

"Ṡı̇ö̇ı̇Ê Ṡı̇ö̇ Ó¼ø̇ı̇Ê «Đ¾ÉçìİÖ  
 Å̇ı̇ö̇ı̇Ê Å̇ı̇ö̇À|°Âø"

$$-\frac{3}{4}\text{ç}\tilde{\text{O}}\grave{\text{i}}\grave{\text{i}}\grave{\text{E}}\hat{\text{u}}$$

Every disease must be identified from the root cause itself. It is the main duty of the physician to bring out of the causes of the disease and then the manifestations. Then only, the treatment attain fulfillment, when the primary cause is clarified.

Firstly, the author prepared a protocol for this study work. Then the study was undertaken in 30 selected cases of both male and female in the OPD /IPD , Noi Naadal Department of Ayothiya Doss Pandither Hospital of the National Institute of Siddha, Chennai -47, with the clinical symptoms of burning sensation of eyes, both foot, soles and palmar surface, numbness of both foot and hands.

It is one of the study work based on “**Eripitham**” disease explained by Yugivaithaiya Chinthamani to reveal, the etiology, Envagaithervu, Nilam, kalam, Sothidam, and Manikadainool.

By the out come of the result of this of this study work “**Eripitham**” is a disease caused by predominantly vitiaded pitha humor. From this it is clear to prevent “Eripitham”; one should avoid the causes mentioned pitha noigal. Neithal nilam is more prone to produce **Eripitham** disease .So people who are living in neithal nilam should keep the preventing aspects mentioned in this study.

The viruchigam rasi persons were more prone to affect by this disease. So these rasi persons should take care for their well being.

The pitha kalam i.e.age group between 34 to 66 yrs is mostly affected. Illavenir and Mudhuvenir kaalam are more prone to produce this disease. So, people should to prevent the disease during this period.

The people who suffer from pitha disease use the herbs which are grown in their living areas which have got plenty of medicinal values. By using these herbs, the intensity of the diseases is getting reduced and hence they get the best remedies from the medicinal herbs.

Though there are many medicines in our siddha literature for pithanoigal, the internal medicine for **Eripitham** is mentioned only in ugivaitiya chinthamani. The author, in her study has "Kungiliyavennai" and as an internal medicine and the external medicine "Amirtha vennai" are as per siddha vithiya thirattu, shows tremendous results in reducing the eripitham. From this study, the author concludes that **Eripitham** can be diagnosed by Envagaithervu, Nilam, Kalam, Sothidam and clinical symptoms

# ***ANNEXURE***



**NOI NAADAL DEPARTMENT,  
NATIONAL INSTITUTE OF SIDDHA, CHENNAI – 47.**

**A STUDY TO ASSESS THE DIAGNOSTIC ABILITY OF  
SIDDHA SYSTEM FOR  
“ERIPITHAM”  
FORM-I**

**SELECTION PROFORMA**

1. O.P.No \_\_\_\_\_ 2. I.P No \_\_\_\_\_ 3. Bed No: \_\_\_\_\_ 4. S.No: \_\_\_\_\_

5. Name: \_\_\_\_\_ 6. Age (years): 

--	--

 7. Sex 

--	--

8. Occupation: \_\_\_\_\_ 9. Income: \_\_\_\_\_

10. Address:

---

---

---

11. Complaints and duration:

---

---

---

---

12. History of present illness:

---

---

---

---

13. Past history:

---

---

14. Family history:

---

---

15. Menstrual & Obstetric history:

---

---

**Habits**

1. Yes

2. No

16. Betalnut chewer:

☐☐

---

17. Tea:

☐☐

---

18. Coffee:

☐☐

---

19. Milk:

☐☐

---

20. Food habits

V ☐

NV ☐

M ☐

---

**GENERAL ETIOLOGY FOR ERIPITHAM**

1. Yes

2. No

21. Increased intake of pulippu suvai

☐☐

22. Increased intake of kaarpu suvai

☐☐

23. Increased iintake of uppu suvai

☐☐

24. Increased iintake of kizhangu vagaigal

☐☐

24. Resisting appetite

☐☐

25. Stress and strain

☐☐

26. Sleeplessness

☐☐

27. Excessive anger

☐☐

28. Excessive exposure of sunlight

☐☐

29. Eating uncooked food

☐☐

### GENERAL EXAMINATION

30. Weight (kg):

--	--	--

31. Temperature (F):

--	--	--	--

32. Pulse rate / minute:

--	--	--

33. Heart rate / minute:

--	--	--

34. Respiratory rate / minute:

--	--	--

35. Blood pressure (mmHg):

--	--	--

--	--	--

36. Pallor:

1. Yes

☐

2. No

☐

\_\_\_\_\_

37. Jaundice:

☐☐

\_\_\_\_\_

38. Cyanosis:

☐☐

\_\_\_\_\_

39. Lymphadenopathy:

☐☐

\_\_\_\_\_

40. Pedal oedema:

☐☐

\_\_\_\_\_

41. Clubbing:

☐☐

\_\_\_\_\_

42. Jugular vein pulsation:

☐☐

\_\_\_\_\_

## VITAL ORGANS EXAMINATION

	1. Normal	2. Affected	
43. Heart	<input type="checkbox"/>	<input type="checkbox"/>	_____
44. Lungs	<input type="checkbox"/>	<input type="checkbox"/>	_____
45. Brain	<input type="checkbox"/>	<input type="checkbox"/>	_____
46. Liver	<input type="checkbox"/>	<input type="checkbox"/>	_____
47. Kidney	<input type="checkbox"/>	<input type="checkbox"/>	_____
48. Spleen	<input type="checkbox"/>	<input type="checkbox"/>	_____
49. Stomach	<input type="checkbox"/>	<input type="checkbox"/>	_____

## SIDDHA SYSTEM OF EXAMINATION

### ENNVAGAI THERVUGAL

## NAADI (KAI KURI)

### I.Naadi Nithanam

#### 50. Kalam

1. Kaarkaalam	<input type="checkbox"/>	2.Koothirkaalam	<input type="checkbox"/>
3. Munpanikaalam	<input type="checkbox"/>	4.Pinpanikaalam	<input type="checkbox"/>
5. Ilavanirkaalam	<input type="checkbox"/>	6.Muthuvenirkaalam	<input type="checkbox"/>

51. Desam	1. Kulir	<input type="checkbox"/>	2. Veppam	<input type="checkbox"/>	
52. Vayathu	1. 1-33yrs	<input type="checkbox"/>	2. 34-66yrs	<input type="checkbox"/>	3. 67-100 <input type="checkbox"/>
53. Udal Vanmai	1. Iyyalbu	<input type="checkbox"/>	3. Valivu	<input type="checkbox"/>	4.Melivu <input type="checkbox"/>
54. Vanmai	1. Vanmai	<input type="checkbox"/>	2.Menmai	<input type="checkbox"/>	

55. Panbu

- |                 |                          |              |                          |               |                          |
|-----------------|--------------------------|--------------|--------------------------|---------------|--------------------------|
| 1. Thannadai    | <input type="checkbox"/> | 2. Puranadai | <input type="checkbox"/> | 3. Illaitthal | <input type="checkbox"/> |
| 4. Kathithal    | <input type="checkbox"/> | 5. Kuthithal | <input type="checkbox"/> | 6. Thullal    | <input type="checkbox"/> |
| 7. Azhutthal    | <input type="checkbox"/> | 8. Padutthal | <input type="checkbox"/> | 9. Kalatthal  | <input type="checkbox"/> |
| 10. Munnokku    | <input type="checkbox"/> | 11. Pinnokku | <input type="checkbox"/> | 12. Suzhalal  | <input type="checkbox"/> |
| 13. Pakkamnokku | <input type="checkbox"/> |              |                          |               |                          |

## II. Naadi nadai

- |               |                          |                |                          |               |                          |
|---------------|--------------------------|----------------|--------------------------|---------------|--------------------------|
| 1. Vali       | <input type="checkbox"/> | 2. Azhal       | <input type="checkbox"/> | 3. Iyyam      | <input type="checkbox"/> |
| 4. Vali Azhal | <input type="checkbox"/> | 5. Azhal Vali  | <input type="checkbox"/> | 6. Iyya Vali  | <input type="checkbox"/> |
| 7. Vali Iyyam | <input type="checkbox"/> | 8. Azhal Iyyam | <input type="checkbox"/> | 9. Iyya Azhal | <input type="checkbox"/> |

## NAA

- |                        |            |                          |              |                          |                                      |
|------------------------|------------|--------------------------|--------------|--------------------------|--------------------------------------|
| 56. Maa Padinthiruthal | 1. Present | <input type="checkbox"/> | 2. Absent    | <input type="checkbox"/> |                                      |
| 57. Niram              | 1. Karuppu | <input type="checkbox"/> | 2. Manjal    | <input type="checkbox"/> | 3. Velluppu <input type="checkbox"/> |
| 58. Suvai              | 1. Pulippu | <input type="checkbox"/> | 2. Kaippu    | <input type="checkbox"/> | 3. Inippu <input type="checkbox"/>   |
| 59. Vedippu            | 1. Absent  | <input type="checkbox"/> | 2. Present   | <input type="checkbox"/> |                                      |
| 60. Vai neer ooral     | 1. Normal  | <input type="checkbox"/> | 2. Increased | <input type="checkbox"/> | 3. Reduced <input type="checkbox"/>  |

## NIRAM

- |            |                          |           |                          |             |                          |
|------------|--------------------------|-----------|--------------------------|-------------|--------------------------|
| 1. Karuppu | <input type="checkbox"/> | 2. Manjal | <input type="checkbox"/> | 3. Velluppu | <input type="checkbox"/> |
|------------|--------------------------|-----------|--------------------------|-------------|--------------------------|

## MOZHI

- |                   |                          |                |                          |
|-------------------|--------------------------|----------------|--------------------------|
| 1. Sama oli       | <input type="checkbox"/> | 2. Urattha oli | <input type="checkbox"/> |
| 3. Thazhantha oli | <input type="checkbox"/> |                |                          |

## VIZHI

61. Niram

1. Karuppu ☐

2. Manjal ☐

3. Sivappu ☐

4. Velluppu ☐

62. Kanneer

1. Present ☐

2. Absent ☐

63. Erichchal

1. Present ☐

2. Absent ☐

64. Peelai seruthal

1. Present ☐

2. Absent ☐

## MEI KURI

65. Veppam

1. Mitham ☐

2. Migu ☐

3. Thatpam ☐

66. Viyarvai

1. Increased ☐

2. Normal ☐

3. Reduced ☐

67. Thodu vali

1. Absent ☐

2. Present ☐

## MALAM

68. Niram

1. Karuppu ☐

2. Manjal ☐

3. Sivappu ☐

4. Velluppu ☐

69. Sikkal

1. Present ☐

2. Absent ☐

70. Sirutthal

1. Present ☐

2. Absent ☐

71. Kalichchal

1. Present ☐

2. Absent ☐

72. Seetham

1. Present ☐

2. Absent ☐

73. Vemmai

1. Present ☐

2. Absent ☐

## MOOTHIRAM

### NEER KURI

74. Niram	1. Venmai	<input type="checkbox"/>	2. Manjal	<input type="checkbox"/>	3. Crystal clear	<input type="checkbox"/>
75. Manam	1. Present	<input type="checkbox"/>	2. Absent	<input type="checkbox"/>		
76. Nurai	1. Nil	<input type="checkbox"/>	2. Reduced	<input type="checkbox"/>	3. Increased	<input type="checkbox"/>
77. Edai (Ganam)	1. Normal	<input type="checkbox"/>	2. Increased	<input type="checkbox"/>	3. Reduced	<input type="checkbox"/>
78. Enjal (Alavu)	1. Normal	<input type="checkbox"/>	2. Increased	<input type="checkbox"/>	3. Reduced	<input type="checkbox"/>

### NEI KURI

1. Aravam	<input type="checkbox"/>	2. Mothiram	<input type="checkbox"/>
3. Muthu	<input type="checkbox"/>	4. Aravil Mothiram	<input type="checkbox"/>
5. Aravil Muthu	<input type="checkbox"/>	6. Mothirathil Muthu	<input type="checkbox"/>
7. Mothirathil Aravam	<input type="checkbox"/>	8. Muthil Aravam	<input type="checkbox"/>
9. Muthil Mothiram	<input type="checkbox"/>	10. Asathiyam	<input type="checkbox"/>
11. Mellena paraval	<input type="checkbox"/>		

79. MANIKADAI NOOL (Viral Kadai Alavu)

### IYMPORIGAL /IYMPULANGAL

	1. Normal	2. Affected	
80. Mei	<input type="checkbox"/>	<input type="checkbox"/>	<hr/>
81. Vaai	<input type="checkbox"/>	<input type="checkbox"/>	<hr/>
82. Kan	<input type="checkbox"/>	<input type="checkbox"/>	<hr/>
83. Mookku	<input type="checkbox"/>	<input type="checkbox"/>	<hr/>
84. Sevi	<input type="checkbox"/>	<input type="checkbox"/>	<hr/>

## KANMENTHIRIYANGAL /KANMAVIDAYANGAL

### 1. Normal      2. Affected

85. Kai	<input type="checkbox"/>	<input type="checkbox"/>	_____
86. Kaal	<input type="checkbox"/>	<input type="checkbox"/>	_____
87. Vaai	<input type="checkbox"/>	<input type="checkbox"/>	_____
88. Eruvai	<input type="checkbox"/>	<input type="checkbox"/>	_____
89. Karuvaai	<input type="checkbox"/>	<input type="checkbox"/>	_____

## YAKKAI

90. Vali	<input type="checkbox"/>	93. Azhal	<input type="checkbox"/>	96. Iyam	<input type="checkbox"/>
91. Valiazhal	<input type="checkbox"/>	94. ValiAiyam	<input type="checkbox"/>	97 AzhalVali	<input type="checkbox"/>
92. Azhaliyam	<input type="checkbox"/>	95. Iyavali	<input type="checkbox"/>	98. Iyaazhal	<input type="checkbox"/>

## GUNAM

99. Sathuva Gunam	<input type="checkbox"/>	100. Rajo Gunam	<input type="checkbox"/>
101. Thamo Gunam	<input type="checkbox"/>		

## UYIR THATHUKKAL

### I. VALI

#### 1. Normal      2. Affected

102. Praanan	<input type="checkbox"/>	<input type="checkbox"/>	_____
103. Abaanan	<input type="checkbox"/>	<input type="checkbox"/>	_____
104. Samaanan	<input type="checkbox"/>	<input type="checkbox"/>	_____



105. Udhaanan	<input type="checkbox"/>	<input type="checkbox"/>	_____
106. Viyaanan	<input type="checkbox"/>	<input type="checkbox"/>	_____
107. Naahan	<input type="checkbox"/>	<input type="checkbox"/>	_____
108. Koorman	<input type="checkbox"/>	<input type="checkbox"/>	_____
109. Kirukaran	<input type="checkbox"/>	<input type="checkbox"/>	_____
110. Devathathan	<input type="checkbox"/>	<input type="checkbox"/>	_____
111. Dhananjeyan	<input type="checkbox"/>	<input type="checkbox"/>	_____

## II. AZHAL

	1. Normal	2. Affected
112. Anala pittham	<input type="checkbox"/>	<input type="checkbox"/> _____
113. Prasaka pittham	<input type="checkbox"/>	<input type="checkbox"/> _____
114. Ranjaka pittham	<input type="checkbox"/>	<input type="checkbox"/> _____
115. Aalosaka pittham	<input type="checkbox"/>	<input type="checkbox"/> _____
116. Saathaka pittham	<input type="checkbox"/>	<input type="checkbox"/> _____

## III. IYYAM

	1. Normal	2. Affected
117. Avalambagam	<input type="checkbox"/>	<input type="checkbox"/> _____
118. Kilethagam	<input type="checkbox"/>	<input type="checkbox"/> _____
119. Pothagam	<input type="checkbox"/>	<input type="checkbox"/> _____
120. Tharpagam	<input type="checkbox"/>	<input type="checkbox"/> _____
121. Santhigam	<input type="checkbox"/>	<input type="checkbox"/> _____

## UDAL THATHUKKAL

	1. Normal	2. Affected
122. Saaram	<input type="checkbox"/>	<input type="checkbox"/> _____
123. Shenneer	<input type="checkbox"/>	<input type="checkbox"/> _____
124. Oon	<input type="checkbox"/>	<input type="checkbox"/> _____
125. Kozhuppu	<input type="checkbox"/>	<input type="checkbox"/> _____
126. Enbu	<input type="checkbox"/>	<input type="checkbox"/> _____
127. Moolai	<input type="checkbox"/>	<input type="checkbox"/> _____
128. Suronitham	<input type="checkbox"/>	<input type="checkbox"/> _____

## MUKKUTRA MIGU GUNAM

### I. Vali Migu Gunam

	1. Present	2. Absent
129. Ematiation	<input type="checkbox"/>	<input type="checkbox"/>
130. Body colour – blackish	<input type="checkbox"/>	<input type="checkbox"/>
131. Desire to take hot food	<input type="checkbox"/>	<input type="checkbox"/>
132. Shivering of body	<input type="checkbox"/>	<input type="checkbox"/>
133. Abdominal distension	<input type="checkbox"/>	<input type="checkbox"/>
134. Constipation	<input type="checkbox"/>	<input type="checkbox"/>
135. Insomnia	<input type="checkbox"/>	<input type="checkbox"/>
136. Weakness	<input type="checkbox"/>	<input type="checkbox"/>
137. Weakness of sense organs	<input type="checkbox"/>	<input type="checkbox"/>
138. Giddiness	<input type="checkbox"/>	<input type="checkbox"/>
139. Ukkam inmai	<input type="checkbox"/>	<input type="checkbox"/>

**II. Pitham Migu Gunam****1. Present****2. Absent**

140. Yellow colouration of the skin

☐☐

141. Yellow colouration of the eye

☐☐

142. Yellow colouration of urine

☐☐

143. Yellow colouration of faeces

☐☐

144. Increased appetite

☐☐

145. Increased thirst

☐☐

146. Burning sensation in the body

☐☐

147. Sleeping disturbance

☐☐**III. Kapham migu gunam****1. Present****2. Absent**

148. Increased salivary secretion

☐☐

149. Reduced activeness

☐☐

150. Heaviness of the body

☐☐

151. Body colour – Whitish

☐☐

152. Chillness of the body

☐☐

153. Reduced appetite

☐☐

154. Eraippu

☐☐

155. Increased sleep

☐☐**156.NOIUTRA KALAM**

1.Kaarkaalam

☐

2.Koothirkaalam

☐

3.Munpanikaalam

☐

4.Pinpanikaalam

☐

5.Ilavanirkaalam

☐

6.Muthuvenirkaalam

☐

### 157. NOI UTRA NILAM

1. Kurunji	<input type="text"/>	2. Mullai	<input type="text"/>	3. Marutham	<input type="text"/>
4. Neithal	<input type="text"/>	5. Palai	<input type="text"/>		
158. Date of Birth	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>		
159. Time of Birth	<input type="text"/>	a.m.	<input type="text"/>	p.m.	<input type="text"/>
160. Place of Birth	<hr/>				

### 161. Rasi

1. Mesam	<input type="text"/>	2. Rishabam	<input type="text"/>	3. Midhunam	<input type="text"/>
4. Katakam	<input type="text"/>	5. Simmam	<input type="text"/>	6. Kanni	<input type="text"/>
7. Thulam	<input type="text"/>	8. Viruchiham	<input type="text"/>	9. Dhanusu	<input type="text"/>
10. Maharam	<input type="text"/>	11. Kumbam	<input type="text"/>	12. Meenam	<input type="text"/>

### 162. Natchathiram

1. Aswini	<input type="text"/>	2. Barani	<input type="text"/>	3. Karthikai	<input type="text"/>
4. Rohini	<input type="text"/>	5. Mirugaseeradam	<input type="text"/>	6. Thiruvathirai	<input type="text"/>
7. Punarpoosam	<input type="text"/>	8. Poosam	<input type="text"/>	9. Ayilyam	<input type="text"/>
10. Makam	<input type="text"/>	11. Pooram	<input type="text"/>	12. Utthiram	<input type="text"/>
13. Astham	<input type="text"/>	14. Chithirai	<input type="text"/>	15. Swathi	<input type="text"/>
16. Visakam	<input type="text"/>	17. Anusam	<input type="text"/>	18. Kettai	<input type="text"/>
19. Moolam	<input type="text"/>	20. Pooradam	<input type="text"/>	21. Uthiradam	<input type="text"/>
22. Thiruvonam	<input type="text"/>	23. Avittam	<input type="text"/>	24. Sadayam	<input type="text"/>
25. Poorattathi	<input type="text"/>	26. Uthirattathi	<input type="text"/>	27. Revathi	<input type="text"/>
00. Not Known	<input type="text"/>				

## INVESTIGATION

### BLOOD

163. TC (cells /cumm):

164. DC (%): 1. P  2. L  3. E  4. B

5. M

165. Hb (gms %):

166. ESR (mm/hr): 1. 1/2hr  2. 1hr

167. Blood Sugar (FBS) (mg %

(PPBS) (mg %)

### URINE

168. Albumin: 0. Nil  1. Trace  2. +  3. ++   
4. +++

169. Sugar: [F] 0. Nil  1. Trace  2. +  3. ++   
4. +++

[PP] 0. Nil  1. Trace  2. +  3. ++   
4. +++

Deposits: 1. Yes 2. No

170. Pus cells   \_\_\_\_\_

171. Epithelial cells   \_\_\_\_\_

172. RBC   \_\_\_\_\_

173. Crystals   \_\_\_\_\_

## CLINICAL SYMPTOMS OF *ERIPITHAM*

	1. Present	2.Absent
174. Numbness	<input type="checkbox"/>	<input type="checkbox"/>
175. Burning sensation of both soles	<input type="checkbox"/>	<input type="checkbox"/>
176. Burning sensation of thighs	<input type="checkbox"/>	<input type="checkbox"/>
177. Burning sensation of hands	<input type="checkbox"/>	<input type="checkbox"/>
178. Burning sensation of both eyes	<input type="checkbox"/>	<input type="checkbox"/>

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5. Anubhoga vaithiya theva ragasium
6. Kannu sami paramparai vaithiyam
7. Maruthuva thani padalgal
8. Noi naadal noi muthal nadaal Thirattu- part I.
9. Noi naadal noi muthal nadaal Thirattu- part II.
10. Noi illa Neri. – Dhurairasan
11. Pari poorana naadi
12. Pathinen Siddhargal Naadi Nasthiram
13. Porutthogai Nigandu.
14. Guna vagada noin saagaram
15. Jeevarakshamirtham
16. Sitha vaithiya thirattu
17. Sikitcha rathana deepam
18. Siddha maruthuvanga surukkam



19. Sudamani kayaru suthiram
20. Siddha Maruthuvam- Kuppaswami mudaliar
21. Sattamuni gnanam
22. Sathaga naadi
23. Thotra Kirama Araichiyum Siddha Maruthuva Varalarum
24. Tamil vaithiya sathagam
25. Siva gnana siddher alavai
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